

## Inside Fun & Fitness

**Introduction:** Walking is just one of many ways to stay fit. Students will learn that there are also inside activities that can help them have fun and stay fit. This lesson is adapted from a lesson idea on the American Heart Association’s website at:

<http://www.americanheart.org/presenter.jhtml?identifier=3003178>.

**Grade Level and Subject:** Kindergarten Language Arts, Health Education, Physical Education, Art

**TEKS:** Language Arts – 1A, 14A  
Health Education – 1C  
Physical Education – 3E  
Art – 2C

**Materials:** “Inside Fun & Fitness” Activity Sheet

**Activity:** Facilitate a discussion on fun and healthy things to do outside. *What do you like to do inside? Do you help your family with inside chores? Did you know that you can have fun and make your body healthier at the same time?* Allow time for student responses.

Pass out the “Inside Fun & Fitness” Activity Sheet. Discuss each activity and instruct students to color the drawings in each box.

**Evaluation:** Observe students for proper listening behavior, participation in discussions, and ability to connect the activity to fitness.



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