

Outside Fun & Fitness

Introduction: Walking is just one of many ways to stay fit. Students will learn that there are other outside 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=3003177>.

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: “Outside Fun & Fitness” Activity Sheet

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

Distribute the “Outside 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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