

Activity Chain

Introduction: When Texas weather makes it difficult for students to “Walk Across Texas!” outdoors, this lesson allows them to create alternative physical activities that can be done in the classroom. This lesson is adapted from a lesson idea on the American Heart Association’s website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003037>.

Grade Level and Subject: 1st Grade Language Arts, P.E.

TEKS: Language Arts – 1A, 1B, 1C, 3A, 3B, 4C, 9C
P.E. – 1A, 3A, 3B, 4B

Materials: Construction paper cut into 8” × 1” strips, crayons or markers, paste or glue

Activity:

1. Remind children that the heart is a muscle and like other muscles in the body, physical activity helps make the heart get stronger and work better. Invite children to suggest simple physical activities they can do in the classroom that they think would help their hearts. Children might mention jumping jacks, toe touches, or running in place. Write out activities on the board as students mention them to help younger students complete the lesson.
2. Divide students into groups of four. Distribute the 8” × 1” strips of construction paper to the children. Invite each child to write the name of a physical activity and a number or an amount of time on the construction-paper strip. For example: Run in place 2 minutes or do 20 toe touches. Encourage students in the same group to choose different activities and limit each activity to two or three minutes. Help children use paste or glue to make circles of the construction-paper strips and join the circles to make a chain. Have each child read his or her activity as the group demonstrates each one.
3. When all groups have demonstrated their activities, connect all chains to create one long chain. Hang the construction-paper chain in the classroom.
4. During the day when children need a break, have a student go to the chain and point to one of the circles. Have the student read the activity on the circle, and encourage children to do the activity together.

Evaluation: Observe that each student creates a chain link and participates in the demonstrations.



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