

## Exercise Examples

**Introduction:** All students need to stay physically active for many reasons. Sadly, in today's modern times, children don't get as much physical activity as they need. In this lesson, the students will teach each other some fun exercises to remain physically fit.

**Grade Level and Subject:** 2nd Grade Health and P.E.

**TEKS:** Health – 1B  
P.E. – 1D, 3A, 3B, 7A

**Materials:** None

**Activity:** During a regular health lesson in the classroom, the teacher will describe and discuss the reasons why performing some type of physical activity is good for each and every person. After a thorough discussion, the students will be asked to list some exercises (jumping jacks, running, toe touches, etc.) that they think will be fun to do. When a sufficient number of exercises have been given (let the students be creative while developing the list), the teacher will divide the students into groups, with approximately 3-4 students per group.

Each group is to develop a “set” of exercises that they will be responsible for leading on the playground. For example, a group may choose to begin their “set” with a jog around the playground equipment. Then they may lead the rest of the students in 10 jumping jacks. Finally, they may ask the other students to walk backwards for 20 paces. The group leading the exercises will lead by example (showing the other students what to do before they do it). That way, all students will perform all of the “sets” of exercises devised by their classmates.

On exercise day, the teacher will take all students to the playground. Each group will guide the class through their “set” of exercises.

An option would be for the teacher to have some appropriate music playing during this time for fun and to get students motivated to move.

Another option would be for the students to develop exercises and lead other students in completing these exercises at intervals during the school year. A teacher might choose every other Friday as “exercise day,” with the students devising different exercise plans for the class to complete.

**Evaluation:** The teacher will assist all students in the development of their exercise plans. He or she will monitor students' behavior and keep all students on task during the activity.



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