Healthy Play

Introduction: Many of the activities found in these lesson plans deal mainly with movement. Students should be taught that there are other components of a healthy lifestyle. This activity combines movement with learning healthy habits.

Grade Level and Subject: Fifth Grade Health and P.E.

TEKS: Health 1E, 8B
     P.E. 1B, 1L, 2B, 4A, 4C, 7A

Materials: Chalk

Resource: 201 Games for the Elementary Physical Education Program by Jerry D. Poppen.
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Activity: The teacher should, before the activity begins, go to the playground and outline a huge square with chalk. Each side of the square should be long enough for all of the children in the class to stand on it without feeling crowded. The teacher should label each side of the square with these names: Head, Lungs, Heart, and Feet.

The teacher should begin the activity by having all students stand in the center of the square. When ready, the teacher will call out health-habit commands to the students (see below). The students will then run to the side most appropriate for the command. For example, if the teacher calls out, “Run a marathon,” the students will run to the line labeled feet, because the feet are the part of the body most affected by the command. Once they have all run to the correct side of the square, the students will actually complete the activity. Therefore, the students will run in place on the side of the square marked “feet.” The teacher should then ask the students to return to the center of the square, and another health-habit command should be given.

Teachers can use the suggested commands listed below or develop their own commands. An option would be to allow the students to develop commands before performing the activity.

Suggested Health-Habit Commands
1. Pump iron (students should pretend to lift weights).
2. Aerobic dance (students perform some type of dance).
3. Three cheers for exercise (students perform their own exercise).
4. Balance your diet (students should balance on one foot).
5. Brush your teeth (students should mimic the movements of brushing teeth).
6. Bathe regularly (students should mimic the movements of keeping clean).
7. Practice good posture (students should stand straight with proper balance, etc.).
8. Walk with a friend (students should walk in place).
9. Do the bunny hop (students should hop in place).

Evaluation: The teacher should watch to see that all students run to the correct side of the square to complete the activity.