

Purpose & SOL

- Students will be introduced to wellness integration lessons, and broaden their knowledge of health and wellness while having fun!
- Introductory lesson for 3-5 grade

Materials

- Question table tents - use documents below and fold over to make a tent - place these on a table, questions facing away from the students.
- Give me a Break Cards, Brain Break cards/sticks, or Common Classroom Exercises list

Length of Lesson

20 minutes

Introduction

Begin with a game of “Concentration Squat.” (Also known as Concentration Crunch at playworks.org). Have the class stand in a large circle (or behind their desks) and count off. (If students already have “numbers” given by the teacher, use these!) Each student must remember their number. The teacher will begin the game by calling out a number. That student then calls out another student’s number and this continues until a student hesitates or doesn’t call out a number. If a student “messes up”, the whole class does 5 squats before the game starts back up.

Implementation

1. Have students return to their desks and stand behind them to play the game.
2. Using table tents, ask the first question. Students should jog in place if they know the answer. If they are correct, they will “knock down” the question table tent and choose an exercise card or exercise from the Common Classroom Exercises list. If they are incorrect, cue students to keep jogging and select another student to answer.
3. As a class, the students will play the game or perform the exercise that the student selected. This lesson is to get the students familiar with the type of physical activities we will be doing this year.
4. Repeat until all questions have been answered.
5. Discuss 5210 and relate it to the questions we just answered. Even leave a copy of the poster <http://www.letsgo.org/wp-content/uploads/052HCTab05D2-5210-Poster-COLOR.pdf> hanging in the class. Use this link as a resource. <http://www.chesterfield.gov/smartdata.aspx?id=8589944221>

Cool Down

Have all students stand and perform a runner’s stretch, stretch side to side and slowly roll their neck side to side.

Variations

Take it a step farther and create a jeopardy board. After the question is correctly answered, have exercises stuffed in pockets on a posterboard.



**HOW MANY HOURS OF
SLEEP SHOULD YOU
GET EACH NIGHT?**

**HOW MANY FRUITS
AND VEGETABLES
SHOULD YOU EAT
EVERY DAY?**

**HOW MANY HOURS OF
SCREEN TIME SHOULD
WE GET? NO MORE
THAN...**

**HOW MANY HOURS OF
PHYSICAL ACTIVITY
SHOULD YOU GET
EVERY DAY?**

**HOW MANY SUGARY
DRINKS SHOULD YOU
HAVE EVERY DAY?**