“Fit”tingly Famous Americans

Purpose & SOL
- The students will identify contributions these individuals made that changed the lives of Americans.
- Social Science 2.4 (*George Washington and Thomas Jefferson are 1st grade content.)

Materials
- Famous Americans Cards (attached)
- VDOE History/Social Science 2nd Grade CF (Scroll to 2.4)
- Common Classroom Exercises
- Optional music

Introduction
Play a game of “Watch Me,” with the teacher modeling exercises/stretches and the students follow without talking.

Implementation

1) Hang posters around the room leaving space for children to group near them and exercise.
2) Students select a starting person and tip-toe, hop or skip to that location. (It doesn’t matter where, they will be moving.)
3) Students start walking around the room looking at each poster until the music stops.
4) Students freeze and stay at the closest poster. If in between two people they can choose which one to end up at.
5) The teacher will read a fact/contribution of a person. The students who are at that person do “Hands Up.”
   Other students may point that poster. NO ONE is supposed to yell out the famous person.
6) The teacher will acknowledge the correct Famous American.
7) The students near that “Famous American,” will choose an exercise for all the other groups to complete.
8) The teacher can select the exercise for the winning group or it can be a “Free Choice.”
9) Continue playing until all information is shared about each Famous American.
10) Students are not locked into set groups, as they walk around they separate themselves out. (HINT: Do not allow passing one another, unless you can play outside with the posters taped to cones.)

Cool Down
Review the names of the Famous Americans by inhaling with arms moving up on the first name and slowly exhaling the last name with arms moving down.

Modifications
Posters can be taped to cones and played outside where they could run around the circumference. Any content can use this strategy, the choices just need to be on the posters. Teacher can add an exercise card beside each poster, then the exercise is already decided for the entire class to complete.

Length 30 min.

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Thomas Jefferson

Source:
http://www.usnews.com/dims4/USNEWS/0bba8ab/2147483647/thumbnail/540x360%3E/quality/85/?url=%2Fcmsmedia%2Fde%2Fea6fbfc08671e015520d60481f8636%2F6289FE_DA_080813influential.jpg
“I walk slowly, but I never walk backward.”

– Abraham Lincoln

Source: http://plusquotes.com/images/quotes-img/best-quotes-abrahmlincoln.png
Martin Luther King Jr.
Source: https://www.awesomestories.com/images/user/c672edd48a8d87686f044fada63abd9a.jpg
Benjamin Franklin

Source: http://www.philanthropyroundtable.org/images/made/file_uploads/Franklin-LOC_720_420_c1_center_top.jpg
George Washington Carver

"WHERE THERE IS NO VISION, THERE IS NO HOPE."
George Washington Carver
“A life is not important except in the impact it has on other lives.”

- Jackie Robinson