



K-2nd Grade Lesson: Stay Healthy

Page 1 can be done with parent/ guardian.

Warm Up:

- Do 10 Hops
- Do 10 knee to elbow touches
- Do 10 sit ups
- Run in place for 30 seconds
- Do 10 jumping jacks

Activity:

Round 1: March in place for 15 seconds

Round 2: Skip for 20 seconds

Round 3: Jog in place for 30 seconds

- Say the name of a red fruit and do the exercise for round 1
- Say the name of a protein and do the exercise for round 1
- Say the name of a healthy snack and do the exercise for round 1
- Say the name of a GO food and do the exercise for round 1

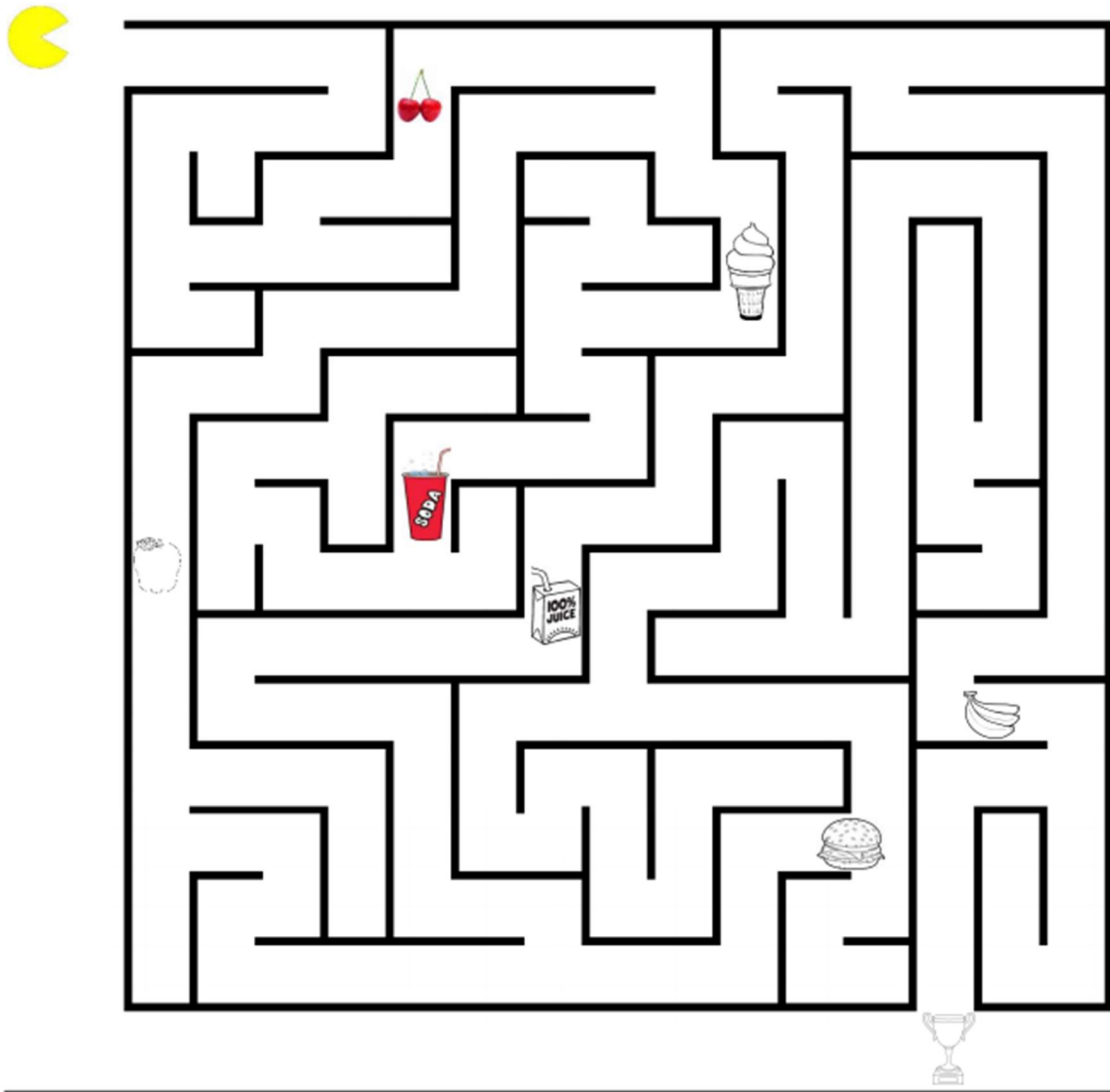
Repeat to complete each round.

Nutrition

- When we get enough sleep, we have more energy during the day. Getting enough sleep helps you stay focused in school and in other activities. It also helps your mood – some people are grouchy when they do not sleep enough.
- We also need to get plenty of rest so our bodies can strengthen our immune systems, which help us keep from getting sick frequently.

Fast Food

Help Pac-Man get through the maze by choosing health food.



Soccer

W G Y F A Z L G Q F U B M P D
 I D Q C V K G P U D O Y U L L
 Z K P D G O A L K E E P E R U
 L G Y C Q D D B Q V Y I W W O
 C L P W N R S K Q Y F R M E F
 B R A N I K E S M D O A O S K
 K G D B U W N E I N T O P G X
 G U B C D C O M I C A U N G A
 G L Y X L N C N H A L D O B T
 E U F H K J A L Z V Z C W X O
 V W O W R O A H V R Z P S C U
 G G M E P T X I F D C L N Q C
 G B C V C G D A F O A F J Z H
 V I Z L W L Z E P S O E O T H
 T R J D P S L L A B D T J I G

MIDFIELD CONES BALL MATCH

HANDBALL FOUL FOOT TOUCH

DRIBBLE GOALKEEPER

Reflection/ Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. Starting tonight, write down the time you go to bed and the time you wake up tomorrow. In the morning, count how many hours you were asleep. Do this for a week, and see if you are getting enough sleep!
 2. Practice your sit ups at home.
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- Stretch #1: Stand straight with hands on the waist.
 - Take one step forward and bend your front knee. The knee should not go over the toes. Hold this stretch for 10 seconds.
 - Repeat the same by changing the legs.
 - Stretch #2: Butterfly Stretch - Sit down with folded legs.
 - Bring the feet together such that the soles touch one another, and let the knees stretch apart.
 - Swing the knees up and down, like flapping wings of a butterfly for 10-30 seconds.