



Dear Educator,

As you know, physical activity is critical for optimal health. Unfortunately, many Americans do not get enough physical activity on a regular basis. In an effort to help improve the physical fitness of children, Campbell Soup Company, through the Labels For Education program, has created these exciting teaching materials. The following resource addresses children’s physical fitness, and meets the National Education Standards.

Children enjoy learning about things that are of interest to them. Of particular interest is the human body. This resource capitalizes on this interest and focuses on engaging children in hands-on-learning about physical activity and its effects on the human body.

### How to Use These Lessons

Each of the lessons is comprised of student-centered fitness activities that can be integrated into classroom subjects such as physical education, math, science, and health education. These activities can be used over a period of time as one unit of study or may be broken up and used as part of several individual lessons.

The lessons are organized to guide children through activities that will develop their fitness related knowledge, attitudes, skills, and behaviors. Lessons are broken down into the following parts:

<b>Objectives:</b>	Outcomes of participation in lesson’s activities.
<b>National Education Standards:</b>	These are standards which are met by one or more of the activities in the lesson.
<b>Points to Emphasize:</b>	Important themes and facts to stress during activities and discussions.
<b>You Will Need:</b>	This section highlights the materials you will need to implement the lesson’s activities. Most are generally readily available.
<b>Main Activity:</b>	For each grade level there is one main activity that includes learning games, worksheets, and other experimental activities. In some instances, extensions of this main activity are offered.
<b>Activity Outcomes:</b>	Questions are included to help students reflect upon the content and their experience as a result of their participation in the main activity.

**How to Use These Lessons (continued from page one)**

<b>Extension Activity:</b>	Additional activities are provided in order to further enhance learning of the concepts addressed in the main activity.
<b>Safety Note:</b>	Recommendations for the teacher to take note of or be aware of any safety concerns or issues.
<b>Vocabulary:</b>	Words that have been introduced or reviewed in the lesson activities.
<b>Worksheet:</b>	Worksheet to be used to further enhance content addressed in main activity.
<b>Teacher Information:</b>	Background information is provided for each lesson and can be found immediately following the lesson activities. It is recommended that you review this information before teaching the lessons.

**Special Considerations**

- ♦ All lesson activities may be modified for different grades and/or student abilities.
- ♦ You may have students with physical disabilities. In these instances work with the parents and the school nurse.
- ♦ Some activities can be safely accomplished in the classroom. If possible, move the desks to the outside of the room before starting the activity.

## SECOND GRADE LESSON PLAN

### Name of Lesson: *Wellness and the Benefits of Exercise*

#### Objectives:

- ♦ The children will explain the benefits of keeping physically fit.
- ♦ The children will predict the effects of exercise on their bodies.
- ♦ The children will be able to perform a correct push-up.
- ♦ The children will be able to perform a correct curl-up.
- ♦ The children will be able to perform a correct jumping jack.
- ♦ The children will discuss and follow safety practices while exercising.
- ♦ The children will describe how participation in physical activity makes them feel.

#### Points to Emphasize

- ♦ Physical activity or exercise can help the body to feel good.
- ♦ Some benefits of exercise are:
  - Reduces the risk for heart disease, which may include obesity, physical inactivity, high blood pressure, and high cholesterol.
  - Helps you maintain a normal body weight.
  - Helps you sleep better.
  - Reduces some of the effects of aging.
  - Makes one feel better about oneself.
  - Can relieve stress.
  - Can help you perform better in school.
  - Can relieve anxiety.
  - Can prevent injuries from occurring.
  - Can keep you and your heart healthy.
- ♦ A curl-up is a sit-up with the arms crossed in front.

#### You Will Need:

- ♦ Chart paper
- ♦ CD-player or cassette player
- ♦ Music with a 4-count beat on a CD or cassette
- ♦ Whistle
- ♦ Exercise mats

**National Education Standards:** Refer to “Campbell’s Fitness Lesson Plans Alignment to National Standards” chart.

#### Getting Ready:

(Optional) You may want to write out rebus directions on chart paper for performing the following exercises: curl-ups, jumping jacks, and push-ups. See information in procedure or Teacher Information for steps in performing each exercise.

#### Procedure:

**STEP**  
**1**

Write the word *wellness* on a board and ask children what it means. Build on children’s responses by explaining that wellness means feeling good about oneself, free from disease, eating healthy, exercising regularly, and getting adequate rest. It is not just about physical fitness. It could also involve the social, mental, cognitive, and spiritual well-being of an individual.













Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Fitness Log

Directions: With your parents, list all the fitness activities you did each day by yourself or with a friend.

Month: _____		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sunday</b>	<b>Example:</b> Date: <u>Jan 1</u> 5 push-ups, walked two blocks, played basketball	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:
	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:
	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:
	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:	Date: Activities:

Parents: Praise your children for their hard work!