



Unit 1 Get Moving Child Lesson

Hi, my name is Miss Shanita. I am a Health Educator and I work for a place called the Montgomery County Office of Public Health.

Today we are going to talk about how important it is to move our bodies every day.

When we move our bodies, that's called physical activity. Do you think physical activity is important?

Yes! Physical activity is important.

Do you know why?

It keeps us healthy, it makes us strong and it builds our muscles.

Can you flex your muscle like this?

Physical activity is also good for our heart...can you place your hand on your heart? (heartbeat sounds)

It's good for our lungs. Can you take a deep breath?

Let's do it together. breathe in...breathe out...breathe in...breathe out...breathe in...breathe out

It's also good for our brains. Can you point to your brain?

There are many ways that we can get physical activity. Some of the things we can do include jumping jacks, riding a bike, playing tag, jump rope and playing sports like basketball, soccer or tennis.

Now that we know why physical activity is important, let's play Simon Says to practice moving our bodies.

Okay everybody stand up. Stretch your arms out and make sure you have space around you.

I'm going to say "Simon Says" and then I will say a physical activity. You will do that activity until I say "Simon Says Stop".

Okay here we go.



Simon Says stretch like a bear. Simon says stop.

Simon says do big arm circles. Simon says stop.

Simon says do big arm circles the other way. Simon says stop.

Simon says do 8 jumping jacks. Let's count together...1,2,3,4,5,6,7,8. Simon says stop.

Simon says twist your waist. Simon says stop.

Simon says march in place. Simon says stop.

Simon says hop on one leg. Simon says stop.

Simon says hop on the other leg. Simon says stop.

Simon says take a big breath. Breathe in...breathe out. Again, breathe in...breathe out. One more time, breathe in...breathe out.

Now we have done a few physical activities that we can do anywhere and they're fun, right!?

Remember that it's important to move our bodies every day to stay healthy.

Until next time, see you later!