



Be a Fit Kid

Grade/Category: K-2, GO Save Lives

Title: Be a Fit Kid

Objective: Students will know basic steps to fitness and understand that we have a responsibility to care for our bodies.

Bible Verse: Honor God with your body. 1 Corinthians 6:20 b (NIV)

Supplies:

1. Large paper or dry erase board for recording student answers.
2. Water to drink.
3. Salad ingredients, mixing bowls, serving bowls and utensils.

Procedures:

1. Teacher: "If you are fit, your body works well, feels good, and can do all the things you want to do. God says that we can honor Him, make Him glad, when we care for our bodies."
2. Have the students brainstorm ways that they know to care for their bodies. Record their answers. Point out that many of their answers fall in to one of two categories – "Eat Right" and "Exercise." Circle everything that fits in each category with a single color.
3. "Let's exercise first, and then re-fuel our bodies with some good food." Exercising is moving your body. It is good to move and move and move each day. Stand children in a circle (or face your child) and take turns showing, then copying, ways that our bodies can move. For a challenge with older students, have movements accumulate, adding on each new movement in a sequence.
4. Try a round of Follow-The-Leader, incorporating the movements the students have created.
5. Enjoy a drink of water and talk about how much our bodies need water to stay fit.
6. Wash Hands, then mix a salad together, incorporating fruits and/or vegetables in a variety of colors. Talk to the students about 'eating a rainbow' every day. Point out that is good to pay attention to what your body is telling you. "Are you thirsty?" "Are you full?" "Are you hungry?" "Are you tired?" "We stay fit and feel well when we take care of our bodies. "

Vocabulary: honor, fitness, calories, exercise, fruit, vegetable

Extensions:

1. Check out Presidential Physical Fitness Standards for children and set personal goals. <https://www.presidentschallenge.org/challenge/physical/benchmarks.shtml>
2. Participate in a family game, a group sport, or a local 5K
3. Plan for and prepare a healthful lunch and invite friends to join you.
4. Grocery Store Trip – tally fruits and vegetables of each color
5. Math – measure ingredients, compare calories on various items
6. Paint fruit-themed art work, perhaps using the fruit as stamps