

Staff Pages

This Week's Topic: **Fitness is Fun**
This Week's Lesson: **What's the Weather**

Today in your classroom children learned why being active is important to good health. Moving helps children's bones and muscles grow and be strong, helps children feel fit, and helps them sleep better. Children should receive at least two hours of physical activity daily.

- On the back of this page is your lesson plan for this week's lesson "What's the Weather." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week
- Attached is a letter to families about what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Fitness Ideas for Your Classroom



1. **Follow a daily schedule** that allows children to spend plenty of time each day in both structured and unstructured physical activity.
2. **Involve all the children.** Play games in which everyone is actively involved.
3. **Participate in physical activities with the children.** Not only can adults model movement skills, the exercise has many benefits for adults too!
4. **Use rhymes, chants, songs, and marches** to help children learn rhythm during movement.
5. **Encourage children to drink water** after any physical activity, explaining that water is great to drink when thirsty.



Image Courtesy of USDA &
Maryland State Dept. of Education

For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: What's the Weather

Goals & Objectives: Children will improve their balance and move creatively.

Prep Time: 10 minutes

Activity Time: 15 minutes

Supplies You Will Need

Masking tape

Preparation for Activity

- Clear a play area for the children, moving hard furniture and objects out of the way.
- Set up a 2 feet by 2 feet space for each child using tape
- Refrigerate a pitcher of water. Set out a cup for each child.

Activity

- 1. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Daily physical activity can make children feel good, give them more energy and keep them healthy.
 - There are many different ways to get physical activity such as dancing, running, jumping.
 - Physical activity is NOT watching TV, sitting, playing video or computer games.
 - Exercise can be measured by whether you are breathing hard and are you sweating.
- 2. Tell the children that each one of them is in a weather station.** Their job is to stay inside their station and pretend to be the weather. "You can pretend to be the weather any way you want, but stay inside your station!"
- 3. Show children different movements** to get them started.
- 4. Call out different kinds of weather** that the children are to become, such as:
 - Rain falling down
 - Thunder pounding
 - Tornado spinning
 - Snow quietly falling on the ground
 - Wind blowing gently in the trees
 - Lightening flashing
 - Rain pounding on a roof
 - Sun coming out and shining
 - Ice-covered trees bending from the weight
 - Leaves rustling in the breeze
- 5. Always end with the sun coming out!**
- 6. Encourage the children to have a cup of water.** "Water is great to drink when thirsty!"



Activity adopted from the [Eat Well Play Hard with Day Care Homes Curriculum](#)

Options

- Ask children to make sounds for the different types of weather.
- Show the children the movements of different animals such as a hopping frog, walking dog, jumping kangaroo, flying bird. Call out the different types of animals for them to imitate.

Extension Activity

Give the children streamers, colorful scarves, or long strips of crepe paper to wave as they pretend to be the weather.

Dear Parent,

Your child is learning why being active is important to good health. Moving helps children's bones and muscles grow and be strong. Moving more and sitting less helps children and adults feel fit. Children also sleep better when they have been active.

Home Activity: Dance to some peppy music with your child. Give your child colorful streamers, scarves or strips of crepe paper to wave while they dance



Tips



- Children need 2 hours of active play every day.
 - After being active, children may be hot, sweating, breathing hard, and tired.
 - Offer your child water to drink after active play.
 - Lead by example. Be active yourself.
 - Take a walk with your child every day. Have them tell you about what they see.
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Play Actively Every Day

-  Your children learn from watching you.
-  Being active is good for everyone.
-  Make play time a family time.
-  Have fun playing and making memories together.



Directions: Write the name of the fun physical activity you and your child did together.

Today my child and I _____.