

## SHOW & TELL: HOW YOU MOVE!

## LESSON PLAN

This lesson plan is a *flexible guide* to support student engagement in learning about and trying new and fun ways to move their bodies.

### OBJECTIVES

As a result of this lesson, students will:

- Understand what it means to **Move More** and be active for at least 60 minutes everyday
- Identify ways to move more that are fun and feel good
- Recognize the importance of water before, during and after physical activity
- Demonstrate interest in trying new ways to move more

### TEACHING TASKS

### RESOURCES & GUIDING QUESTIONS

#### 1. Introduce the Lesson

Use the **guiding questions** to help students start thinking about moving their bodies

**Key messages:**

- *Our bodies were made to move and feel their best when we are active.*
- *It is important to be active every day because it:*
  - *builds strong bones and muscles*
  - *increases energy and focus*
  - *helps you feel good*
- *“Moving More” means to move our bodies for 60 minutes or more every day.*
  - *It doesn’t have to be all at once – it can be broken down into 5-10 minutes bursts.*
  - *It can be anything that gets your heart pumping faster, gets you warmed up and is fun!*
- *Everyone’s body loves to move in different ways. The options are endless when exploring new ways to get moving. The best way to move more is doing something you enjoy and is fun! (Show [A to Z List of Ideas](#))*
- *Everybody needs water! Water is the best thing to drink throughout the day to help our body run right and feel good.*
  - *Our body loses water every day when we move more, sweat and just by sitting around.*
  - *Sugary drinks can zap your energy and offer little nutrition for kids’ growing bodies and brains.*

- How do you move your body during the day?
- How does moving your body make you feel?
- How does moving around help your body?
- What are your favorite ways to move or be active and why?
- How can you move more when you’re by yourself compared to with one friend or many friends?
- Some movements, sports, or skills may be easy for you now, but were not always so easy. Tell us about a time when a type of movement was not easy for you but is easy now. What did you do to improve? What did you think about “sticking with it”? How did you feel when you succeeded?
- What is the best thing to drink before, during and after being active?

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## 2. SHOW & TELL Activity

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a. **SHOW** the [Movin' and Groovin'](#) Video

b. **Assign students to explore ways to move.**

Everyone's body loves to move in different ways. The options are endless when exploring new ways to get moving. Encourage students to think of fun ways to move beyond sports (dancing, jumping in leaves, playing tag, etc.)

To inspire students to generate ideas, you may choose to use the [Halfway Point Video](#) or [A to Z List of Ideas](#).

- [Video: Movin' and Groovin'](#)
- [Video: Halfway Point](#)
- [A to Z List of Ideas](#)
- Note: Encourage students to keep water in mind as they explore new ways to move. Optional: show the [Way Cool Water Video](#)

c. **Encourage one or more student(s) to TELL the class what their favorite way to move is or what feels good to them.**

- *What is your favorite movement, game, sport, or activity and why?*
- *Who do you do this activity with? Alone, with friends or family, etc.*
- *Where do you do this movement/activity? Inside, outside, at a park, etc.*
- *Why is this movement one of your favorites?*

d. **When appropriate, invite the student to SHOW their movement.**

- *What parts of your body are used when you do this movement?*
- *What special equipment, items, or music do you like to use when doing this activity?*
- *How do you feel when you do this movement/activity? Before, during, after, etc.*

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3. **Reinforce that drinking water and moving for at least 60 minutes every day builds strong bodies and helps us feel good. Everyone's body loves to move in different ways, and trying something new can be fun and exciting.**

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- *Why should we move more every day?*
- *What is the best thing to drink to keep your body feeling good?*
- *Tell us which new movement(s) you'd like to try.*

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## 4. Wrap Up

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*Wow, you have some great moves! You've shown us that moving more can be creative and fun! I'm so proud of how curious and adventurous you all are in trying different ways to move. There are so many creative and fun ways to move more!*

### RESOURCES YOU MIGHT FIND HELPFUL FOR THIS LESSON:

- [2020 PowerUp Family Magazine](#): Fun facts, recipes, activities, inspiration and more for kids and families
- [Video: Way Cool Water](#): Join Nordy from the Minnesota Wild to get powered up with water
- Student Tracker [Print](#) or [Digital](#): Optional way for students to track how they Try for 5 and Move More each day
- [Warm Weather Fun Handout](#): Find lots of fun ways to move when the sun is shining
- [Cool Weather Play Handout](#): Don't let the cool weather chill your thrill, keep moving to stay warm
- [School Challenge Family Webpage](#): More activities and resources for kids and families

This lesson helps to meet the HECAT Standards: **Physical Activity Health Behavior Outcomes**, including:

**HBO 1:** Engage in moderate to vigorous physical activity for at least 60 minutes every day.

**HBO 4:** Drink plenty of water before, during, and after physical activity...every day.