



Exercise



TEACHER TOOLKIT



Exercise

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Getting the Most out of the EXERCISE Teacher Toolkit

Welcome to the World of Words! The EXERCISE Teacher Toolkit was developed to facilitate children's natural instincts to learn about the world around them while building vocabulary and developing language, comprehension, and self-learning skills.

The Teacher Toolkit contains engaging lessons and activities that easily integrate into your classroom day.

How do the lessons work?

Each lesson is divided into a three-part conversation between you and your class. The Teacher Toolkit provides conversation prompts for you to follow through each section of the lesson.



PART 1: Talk Together

Talk Together:

The conversations during this time are designed to introduce and review concepts and vocabulary, pique children's interest in learning new information, and introduce the shared book.



PART 2: Read Together

Read Together:

The conversations during this time are focused around the shared reading book.



PART 3: Reflect Together

Reflect Together:

The conversations during this time are designed to reflect on what was read, develop background knowledge, and build understanding of the Big Ideas.

Getting the Most out of the EXERCISE Teacher Toolkit

Where can I find the Big Ideas, Learning Outcomes, and Vocabulary Words?

The At a Glance section is the foundation for the lessons in the unit. It starts by identifying the BIG IDEAS of science that children will be developing an understanding of during the unit. These cross-cutting themes of science focus on learning about life science, biology, physical science, and earth science. This learning builds the background knowledge and foundation for children's future learning.

Following the BIG IDEAS are the LEARNING OUTCOMES for the unit. These are specific concepts related to the topic that children will learn during the unit. The LEARNING OUTCOMES come from the BIG IDEAS.

The last part of the At a Glance section is the VOCABULARY section. The vocabulary words include words that are specific to the LEARNING OUTCOMES, as well as words that develop children's understanding of the BIG IDEAS. The vocabulary words have picture cards are featured with cameras.

What is the Curriculum Notes section on each lesson for?

The Curriculum Notes section holds additional information to guide and enrich lessons. These sections highlight the relevant book and picture cards for each lesson. There are also teaching strategies and tips included to further support implementation.

Exploring EXERCISE Teacher Toolkit

- Teacher Guide with lessons, hands-on activities, and family engagement activities
- A set of Picture Cards with definitions and teacher talk prompts on the back
- A learning poster featuring the Learning Outcomes for the unit
- 5 Books about EXERCISE
- Extension activities for the classroom
- A note and activity for families

What books come with the EXERCISE Teacher Toolkit?

A title list of the five books that come in the Teacher Toolkit is provided with the materials. The list identifies the type of text structure for each book as predictable (PB), narrative informational (NB), or informational (IB). Each lesson also has extension activities that teachers can incorporate throughout the unit and information and activities that can be sent to families.



Predictable

A predictable book repeats words, phrases, rhymes, or patterns that help children guess what will happen or be said next in the story.



Narrative Informational

A narrative informational book teaches real facts and information while also telling a story.



Informational

An informational book teaches children real facts and information about a topic.

Getting the Most out of the EXERCISE Teacher Toolkit

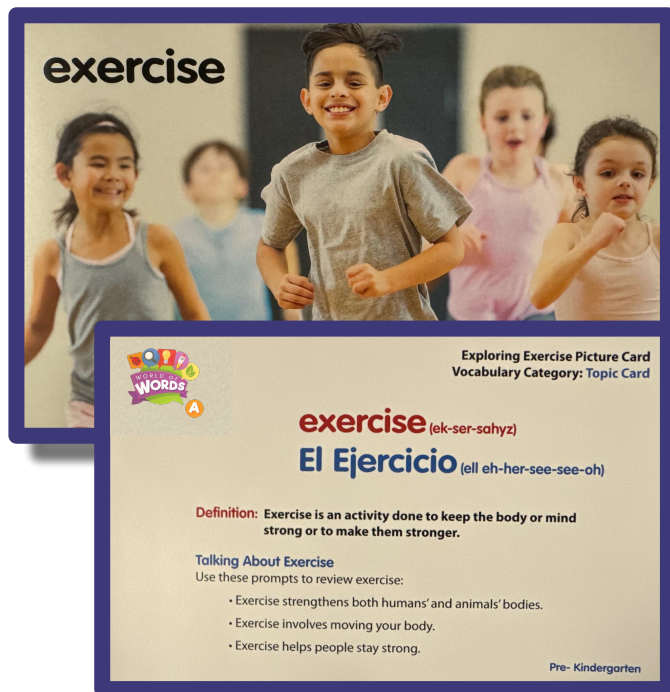
How do I use the Picture Cards?

Picture cards are used during every lesson. They are used to teach new information, as discussion prompts, and for activities. Using picture cards is an excellent Dual Language Learner strategy that builds the connections between verbal and visual skills.

The picture card words are selected from the vocabulary words for the unit. To identify which vocabulary words have picture cards, look for the camera icon beside the word.

The following information is given on the back of each picture card:

- The word and pronunciation guide in English and Spanish (Spanish words are in red)
- A child-friendly definition
- *Talking About* discussion prompts



How do I use the Learning Outcomes Poster?

The Learning Outcomes Poster should be displayed in the area where the children gather for lessons. During the unit, the poster is used for different lessons. The poster serves as an important visual cue for children to remember the science concepts that they are learning.

How long does it take to complete all of the lessons in the Teacher Toolkit?

The lessons in the unit are designed to be completed over a 2-3 week period. During this time, the children are engaged in whole group lessons led by the teacher. These lessons build background knowledge and vocabulary while teaching the unit's Learning Outcomes and Big Ideas.

During the unit and in the weeks following, we encourage teachers to engage children in the suggested independent and small group Discover More! Extension Activities. These activities promote children's development of self-learning skills as they apply and extend what they learned during the lessons.



Getting the Most out of the EXERCISE Teacher Toolkit

How much time do I need to schedule for a lesson?

Each lesson takes about 12-15 minutes.

Are there take-home activities?

The Teacher Toolkit has two Family Engagement components. There is a Family WOW Refrigerator Note that tells families what topic their child will be reading about, provides the learning outcomes for the unit, and gives suggestions for ways they can support their child's learning.

There is also a family extension activity sheet that should be sent home at the end of the unit. These activities are for families to do together as a learning extension. During the activities, your children will share and celebrate what they have learned about the topic with their families. The refrigerator note and family extension activities are available in English and Spanish.



WOW Refrigerator Note

WOW! We are reading and learning about exercise right now. During the next few weeks you can help your child by asking them about exercise and helping them discover new things about exercising. Talking about exercise will reinforce what your child is learning in the classroom.

- Ask your child to tell you about the different types of exercises.
- Talk to them about why exercising is important.
- Show them what you do to exercise or do a simple exercise with them.
- Every few days, ask your child to tell you something new they've learned about exercise.
- Go to the library and check out a book about exercise. Read the book with your child, stopping to talk about the pictures.

Post this note on your refrigerator to remind you to talk about exercise with your child.

Thanks! 



EXERCISE BINGO

FUN MOVES TO DO TOGETHER!

10 JUMPING JACKS 	ANIMAL WALK LIKE A BEAR 	HOP LIKE A BUNNY 	5 BIG STRETCHES 	TIPTOE AROUND 
CRAB WALK 	10 SQUATS 	REACH UP TO THE SKY 	BALANCE ON ONE FOOT 	MARCH IN PLACE 
WALK LIKE A CRAB 	ROLL LIKE A BALL 	FREE SPACE 	CLIMB LIKE A MOUNTAIN 	TOUCH YOUR TOES 
SIDE STEPS TO THE LEFT 	SIDE STEPS TO THE RIGHT 	JUMP 5 TIMES 	DO 5 BIG ARM CIRCLES 	DANCE TOGETHER 
WALK LIKE A PENGUIN 	PLANK LIKE A SUPERHERO 	HIGH FIVE 5 TIMES 	LUNGE FORWARD 5 TIMES 	TAKE 3 DEEP BREATHS 

COMPLETE MOVES, MAKE MEMORIES, AND HAVE FUN TOGETHER!

What other resources do I need?

Your Teacher Toolkit includes all of the essential instructional tools for successful lessons. Some additional resources that can enhance instruction include:

- **Books:** Make a resource library of books about EXERCISE by gathering any books that you have in your classroom library and/or checking out additional books from the library. Use these books throughout the day to read aloud and for independent reading.
- **Videos:** Find videos about exercise to share with children. Channels like *Cosmic Kids Yoga*, *PE with Joe*, and *Get Kids Moving* offer structured, engaging workouts for children.
- **Music:** Put together a collection of songs and poems about EXERCISE.
- **Art:** Print pictures from the internet or cut out pictures from old magazines relating to EXERCISE. Have these pictures available for children to use during discovery activities.

EXERCISE Teacher Toolkit AT A GLANCE



BIG IDEAS

The overarching science concepts children will learn:

- EXERCISE strengthens both human and animal bodies.
- EXERCISE involves moving our body.
- EXERCISE helps people stay healthy.



LEARNING OUTCOMES

In these lessons, children will learn that:

- There are many types of EXERCISES and ways to EXERCISE.
- EXERCISE helps strengthen our muscles, heart, and bones.
- Stretching, biking, and swimming are types of EXERCISE.

ABC

In the lessons, children will build vocabulary for:

(Vocabulary words with a camera icon have a picture card)

Words that relate to
EXERCISE:

hopping 
jumping 
dancing 
hiking 
playing 
swimming 
biking 
moving 
stretching 
climbing 

Words that help us talk
about EXERCISE:

bones
heart
lungs
muscles
working out

Challenge Words:

climbing stairs 
playing video games 
sitting 
sleeping 



Getting the Most out of the EXERCISE Teacher Toolkit

LESSON PLANNER

Lesson 1

Week 1

Predictable



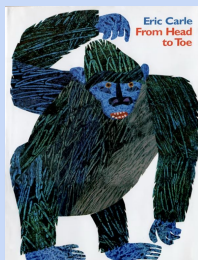
Hop Hop Jump
by Lauren Thompson

Key Vocabulary:
hopping, jumping

Lesson 2

Week 1

Predictable



From Head to Toe
by Eric Carle

Key Vocabulary:
hopping, jumping, dancing, hiking

Lesson 3

Week 2

Narrative Informational



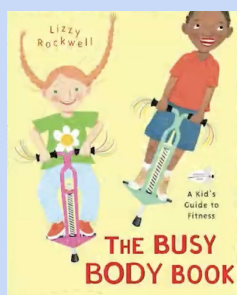
Ready, Set, Go!
by Celeste Cortright

Key Vocabulary:
hopping, jumping, dancing, hiking,
playing, swimming

Lesson 4

Week 2

Informational



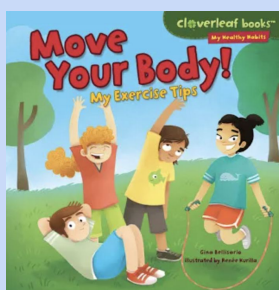
The Busy Body Book
by Lizzy Rockwell

Key Vocabulary:
biking, moving, challenge cards

Lesson 5

Week 2/3

Informational



Move Your Body!
by Gina Bellisario

Key Vocabulary:
stretching, climbing, challenge cards,
all EXERCISE vocabulary

Lesson 6

Week 3



Select three favorite EXERCISE books
to reread this week with the
children.

Revisit all EXERCISE vocabulary as
you relate vocabulary to Big Ideas.

SHARED READING:



PICTURE CARDS:

- hopping, jumping

CURRICULUM NOTES

Reflect together

Why do it this way? Research indicates that attaching actions to words helps children, especially DLLs, to remember the words and their meanings. During the lesson, allow children to stand up to hop and jump.

Talk Together

Start today's lesson by saying: *Today we'll begin learning about EXERCISE. EXERCISE is what we do to help keep our bodies healthy.*

Point to the picture card of **HOPPING** and **JUMPING**. Say: *Do you know how to hop and jump? Let's give it a try. Hopping and jumping are two forms of EXERCISE. When you hop and jump, you take in oxygen. This is good for your body.*

Introduce today's book by saying: *As we read our book, let's see if you can find children EXERCISING by hopping and jumping. Let's also see what other kinds of EXERCISE the children do.*

Read Together

Read together the predictable book: **Hop Hop Jump**. Encourage the children to say the words along with you.

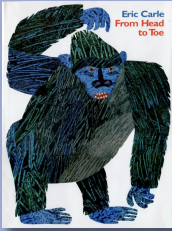
Reflect Together

Ask the children: *What other types of EXERCISE did we read about in our book?* [Hopping, jumping, swimming, walking, running, etc.] *All of these things are good for our bodies. When we EXERCISE, we move our bodies and we keep ourselves healthy!*

Discuss different types of EXERCISE. Then reread **Hop Hop Jump** and review how EXERCISE is important for children's health and well-being.



SHARED READING:



PICTURE CARDS:

- hopping, jumping, dancing, hiking

CURRICULUM NOTES

Read Together

Model how to go back and reread a book. Rereading supports meaning-making strategies and strengthens understanding of the main ideas.



Look online for some indoor exercise activities you can engage children in. After the activities, discuss the types of exercise (e.g. hopping or dancing) that were in the activity to reinforce vocabulary from the unit.

Talk Together

Start today's lesson by saying: *Today, we're going to learn more about EXERCISE. Let's see what you remember from what we've explored so far. We've learned that EXERCISE is moving to help keep our bodies healthy.*

Point to the picture card of **DANCING**. *This shows someone dancing, which is a form of EXERCISE. When we EXERCISE, it strengthens our muscles and bones. What parts of our body get strengthened when we EXERCISE?*

[Cue children; "Our muscles and bones"]

Point to the picture card of the **HIKING**. *This is another form of EXERCISE - hiking. Hiking is also good for our bodies. HIKING is a long, vigorous walk.*

Introduce today's book by saying: *Both people and animals need exercise. Our book today shows many different ways animals and people can get up and EXERCISE.*

Read Together

Read together the predictable book: **From Head to Toe**. Encourage the children to stand up and join in when they hear repeating phrases.

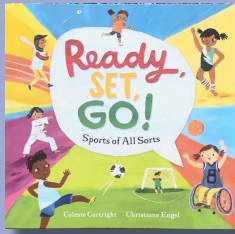
Reflect Together

Say: *Let's talk about what kinds of EXERCISE we saw in our book today. Let's recall: running, hopping, dancing, and hiking.*

Reread **From Head to Toe**. Have the children imitate some of the action words from the story that describe each EXERCISE. Review pictures cards as time allows.



SHARED READING:



PICTURE CARDS:

- hopping, jumping, dancing, hiking, playing, swimming

CURRICULUM NOTES

Talk Together

During class interactions, frequently use the key words highlighted in the lesson such as **exercise, hopping, jumping, dancing, hiking, swimming, and playing**. Young children benefit from hearing new words in a variety of natural settings and in different ways.

Reflect together

Why do it this way? Comparing and contrasting provides children with opportunities to discuss the different types of exercise they are learning about. Encourage children to make direct comparisons by discussing different ways of exercising.

Talk Together

Start today's lesson by saying: *We're learning all about how to get up and EXERCISE. Is dancing EXERCISE? [Yes] Let's see you pretend that you are dancing. Is hopping EXERCISE? [Yes] Is hiking EXERCISE? [Yes] Is sitting on the couch watching television EXERCISE? [No] Is running EXERCISE? [Yes]*

Say: *EXERCISING also strengthens your heart and your lungs, like our last book showed us. We breathe in oxygen, and this helps our whole body get energy. It gives our body life.*

Point to the picture card of **PLAYING**. *Playing can be a form of EXERCISE if you are moving your body.*

Point to the picture card of **SWIMMING**. *Swimming is a fun way to EXERCISE. In our book, look for some fun ways to EXERCISE.*

Read Together

Read together the narrative informational book: **Ready, Set, Go!** As you read, point to the pictures and stop and ask questions: *Why is it good to EXERCISE? What did the children do to EXERCISE?*

Reflect Together

Make comparisons and contrasts. Show the picture cards and ask:

How are walking and running alike?

[They both use leg muscles. They are both types of EXERCISE that get you to move from one place to another.]

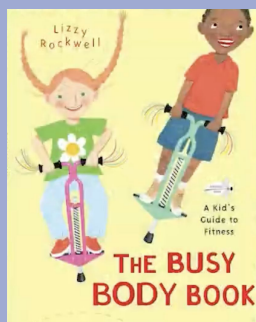
How is running different from swimming?

[Swimming is in the water and running is on land.]

Continue to compare and contrast different forms of EXERCISE as time allows.



SHARED READING:



PICTURE CARDS:

- biking, moving, all picture cards used in prior lessons, and challenge cards

CURRICULUM NOTES

Think Time

Pause for at least three extra seconds between asking a question and receiving student responses. This provides ample time for children to consider their response and is especially helpful for DLLs.

Reflect together

Why do it this way? The purpose of this activity is to encourage children to participate in discussion and work on categorization. The important part is not that the child correctly notes if it does or does not belong in the category but how the child explains why it does or does not belong. Support children in sharing their rationale or justification for their response.

Talk Together

Show the picture cards from prior lessons and say: *We've been learning about how EXERCISE helps our bodies. Tell me how EXERCISING helps you learn and grow.*

Make sure all the key concepts listed on pg. 7 are covered.

Show the picture card of **MOVING**. *Some people say that they are working out or moving when they EXERCISE. Working out is just another way of saying EXERCISING. How do you like to work out?*

Point to the picture card of **BIKING**. *Biking is another form of EXERCISE. Do you like to bike?*

Introduce today's book by saying: *In this book, you'll hear about staying active to be healthy. As we read, think about all the ways you can work out, stay healthy, and be fit.*

Read Together

Read together the narrative informational book: **The Busy Body Book**. Throughout the reading, stop and ask the children questions about the text: *Why is it important to get moving? How does EXERCISE make you healthy? What else can you do to stay healthy?*

Reflect Together

Time for a challenge: Mix and display all the picture cards (including the challenge cards) and say: *Let's play a game. I'm going to hold up a picture, and you will need to tell me whether it is EXERCISE or not You'll have to think hard about what you've learned about EXERCISE. Ready? Let's go.*

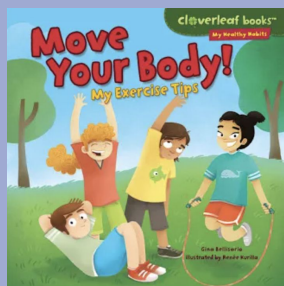
Hold up the picture card for **SITTING**. *This person is sitting. Is sitting EXERCISE?*

Elicit responses and encourage children to give you a rationale using the key concepts listed earlier.

Continue using the challenge cards - **CLIMBING STAIRS, PLAYING VIDEO GAMES, SLEEPING** - as well as picture cards from past lessons.



SHARED READING:



PICTURE CARDS:

- stretching, climbing, all picture cards used in prior lessons, and challenge cards

CURRICULUM NOTES

Read Together

Pause to ask “What’s happening here?” or “Why did that happen?” to keep children actively engaged with the text and push beyond recall to support comprehension.



Talk Together

Start today's lesson by displaying picture cards from prior lessons, and saying: *We've been learning about EXERCISE, which is moving our body in different ways that strengthen our heart, lungs, muscles, and bones.*

Point to the picture card of **STRETCHING** and **CLIMBING**. *Stretching and climbing are other sources of EXERCISE. Let's try stretching now.*

Introduce today's book by saying: *Today's book is different ways you can EXERCISE. As we read, think about the choices you make every day about EXERCISING and being healthy. Are some of your favorite EXERCISES pictured in the book?*

Read Together

Read together the narrative informational book: **Move Your Body!** As you read together, stop at various places in the text and ask children several questions: *What EXERCISES do you think are fun to do? How does EXERCISE affect your heart and lungs? Why does EXERCISE help you think better?*

Reflect Together

Ask the children: *Why do we EXERCISE? Why do we need to keep our bodies healthy and strong?*

Say: *On your paper, draw a picture that shows something you have learned about EXERCISE.*

Encourage children to summarize what they know by drawing a picture or writing ('driting') about EXERCISE. Allow the children to share their drawings with others and talk about what they have learned.

Have all the books from this unit available for the children to view independently if they desire.

Review all of the EXERCISE picture cards as time allows.

SHARED READING:



CURRICULUM NOTES

Reflect together

Turn-and-Talk: A great strategy to get more children's voices involved in the lesson is to ask a question, provide think time, and then have children discuss their opinions in pairs. This provides all children with an opportunity to use the vocabulary and the teacher with the opportunity to move around and check for understanding.

Consider showing the children in your class one of SciShow's videos: *How Do Our Bodies Move?* which is available on Youtube. Providing children with diverse ways of interacting with content allows them more opportunities to internalize the material. You may incorporate this into the lesson or use the video as an extension activity.



Talk Together

Keep the books, the picture cards, and the students' writings/drawings about EXERCISE on display in the classroom.

Say: ***Let's revisit what we've learned about EXERCISE.***

What can you tell me about EXERCISE?

[Encourage the children to revisit the vocabulary and key concepts, relating them to the Big Ideas.]

Revisit the books by saying: ***Let's select three of our favorite EXERCISE books to reread this week. Which book would you like us to read today? What do you recall about EXERCISE from this book?***

[Allow the children to select the daily books to reflect, recall, and reread].

Read Together

Read the selected book(s). Discuss the books together as you use the text to make connections to the Big Ideas listed on pg. 7.

Reflect Together

Compare/contrast the different types of EXERCISE. Then ask the following questions to deepen children's understanding of EXERCISE:

EXERCISE strengthens: ***In what ways does EXERCISE strengthen the body? How do these different kinds of activities strengthen the different systems of your body?***

[Muscular, skeletal, respiratory, and circulatory systems]

EXERCISE meets basic needs: ***What do animals need to actively move to get their food?*** [Example: Lions running fast to catch their food] ***What animals actively move to make a shelter/home for themselves?*** [Example: Beavers gnawing wood and dragging it to make a home] ***What animals EXERCISE while they are protecting themselves?*** [Example: Zebras running fast to get away from lions].

Create a chart of the basic needs of animals and how they might EXERCISE their bodies to meet their needs.

Introduce different types of EXERCISE into the classroom and discuss their benefits to the body. Ask: ***What EXERCISES do you do to strengthen your body?***

Send home the refrigerator note with family extension activities at the end of the book to encourage further exploration of EXERCISE at home.

Fun Facts About Exercise

Discover More! Extension Activities

- Circle Time
- Book Nook
- Dramatic Play
- Writing and Art Center
- Outside Time
- Ask-An-Expert



Home Connection

- WOW! Refrigerator Note
- Family Extension Activity



Fun Facts About Exercise

There are many types of exercises and ways to exercise. Exercising strengthens humans and animals bodies and helps keep them healthy. When you are exercising, you are moving your body. Hopping, jumping, dancing, hiking, playing, swimming, biking, moving, stretching, and climbing are all types of exercises.

Benefits of Exercising:

Everyone can benefit from regular exercise.

You can:

- Gain stronger muscles, bones, heart, and lungs.
- Have a better outlook on life.
- Sleep better.
- Handle physical and emotional challenges better.
- Release 'endorphins', which are chemicals in the brain that make you feel good.
- Have more energy to do more things.
- Improve your balance.
- Have fun!



Three Elements of Exercise:

Endurance: Your heart will beat faster as you breathe harder. Endurance strengthens the heart and improves the body's ability to deliver oxygen to the body. Endurance exercises include: playing basketball, bicycling, playing soccer, swimming, hiking, jumping, dancing, and climbing.

Strength: You do not have to lift weights to improve your strength. Some other examples of strength exercises are push-ups, stomach crunches, and pull-ups. They help tone and strengthen muscles. They also improve your strength for climbing.

Flexibility: Stretching is a good way to improve flexibility. You demonstrate flexibility by reaching for toys or doing a cartwheel.

Exercising Safety:

Exercising safely is crucial. When playing a sport, wear appropriate safety gear, such as helmets and knee and elbow pads. Helmets and pads should be worn whenever bicycling, skating, or skateboarding. When swimming or playing outdoors, wear sunscreen. Drink plenty of water to keep hydrated. The body needs water to hydrate and function properly.

Discover More! Exercise Extension Activities

The WOW vocabulary lessons introduce children to new concepts and build vocabulary and background knowledge. Throughout the unit, use these activities with children in small groups during center times to further engage with the topic and synthesize their learning. The open-ended activities provided in this section encourage children to personalize their learning and make it their own.

Circle time provides a great opportunity to take small moments and remind children about exercise. Provide the children with some moments to move their bodies in different ways.

Circle Time



Circle Time Activities

Vocabulary Cards Movement Break: Use the vocabulary cards from this unit for movement breaks. A teacher can hold up a card and children can mimic the activity.

Play Freeze Dance: Find some fun dance songs and play music! When it stops, have children freeze in a pose.

Exercise Leader: During this unit, pick a child to lead the class in a few exercises during each circle time. Be sure to rotate student leads. Children love being given “grown up” responsibilities.

Discover More! Exercise Extension Activities

Books are essential for preschoolers because they build vocabulary, spark imagination, and lay the foundation for reading success. Books, furthermore, create meaningful moments of connection between children and the adults who read with them. Make a special book basket filled with books about the unit's topic to keep in your book nook that children can look at throughout the unit.

Book Nook



Book Nook Activities

Story Theater: As a teacher reads one of the exercise books, have children act out the motions and have a story theater. Teachers can also have children volunteer and take turns acting out each page while the rest of group acts as the audience.

Book Charades: Let children take turns acting out different exercises from the book and the rest of the group can be the guessers.

Discover More! Exercise Extension Activities

Dramatic Play

Dramatic play is one of the most powerful learning tools for preschoolers, as it allows children to explore real-world roles and situations in a safe, imaginative way, building language, social skills, and creative thinking all at once. When children pretend, they practice cooperation, problem-solving, and empathy — skills that form the foundation for success both in school and in life. Below are some dramatic play activities for this unit.



Dramatic Play Activities

Pretend Gym Class: In the dramatic play area, provide children with various kid-friendly exercise equipment like a real gym for adults. You may choose to include a yoga/stability ball, very light free weights (or you can make a fake barbell out of a spool of yarn or paper towel roll), posters illustrating healthy and age-appropriate stretches, mini-trampoline with a handrail, etc. Let children play gym class where one child is the 'teacher' and the rest are the children.

Play Doctor: Children can use the doctor kit to take turns pretending to be a healthy patient going to the doctor that exercises a lot or a patient that doesn't exercise. The child who is the doctor can give advice about exercising.

Discover More! Exercise Extension Activities

Writing and Art Center

Art helps preschoolers learn by engaging their hands and minds at the same time. Perhaps most importantly, art gives young children a powerful way to express their feelings and tell their stories, supporting both emotional development and early literacy. Teachers can record children's words about their art so even the youngest children can write stories.



Writing and Art Center Activities

“My Exercises” Booklets: Make small booklets for each child with the title, “My Exercises”, on the front and have children draw themselves doing different exercises on each page. Teachers can have the vocabulary cards available from the lessons to reinforce the new words.

Healthy Hearts: Talk about healthy hearts for exercise and have children draw and decorate hearts. Teachers can also draw hearts that children can decorate themselves. You can use paint or collage materials to represent all you need for a healthy heart.

I like to ___ book: Have a page for each child with the words, “I like to _____” and have children or the teacher fill in their favorite exercise and children can draw a picture to go along with it. The pages can be put together and made into a class book. It will become a class favorite!

Discover More! Exercise Extension Activities

Outside Time

Outside time provides an amazing opportunity for children to think about exercising. Doing activities outdoors supports physical, social, and emotional skill development through active play and exploration in a setting other than the classroom.



Outside Time Activities

Obstacle Course or Relay Race: Set up a course for students to race. Use playground equipment or gym equipment like cones. Encourage children to cheer each other on as they race through the course.

Play Follow the Leader: Have children take turns leading stretches, jumps, spins, and marches. “Simon Says” is a good variation of this game.

Organize a Sports Game: Let children try soccer, kickball, or basketball or just play with the different equipment. Encourage children to try something new to them.

Discover More! Exercise Extension Activities

Ask-An-Expert

Giving children first-hand experiences with what they are learning helps children build understanding and make connections to the world around them. Hearing from someone who is an expert in the field allows children to ask more specific questions and also learn interesting facts from another reliable source.



Ask-an-Expert

You can invite people into your classroom from school or from the community. Before the expert comes to visit, it is important to have talk about some questions the children might want to ask the expert. Some examples of exercise experts are:

- **Doctor:** A doctor who can share the importance of exercise for the body's health.
- **Gym Teacher/Trainer:** The school gym teacher or local gym trainer that can share the variety of exercises that the students could take part in.
- **School Nurse:** The school nurse can talk about how exercise helps keep bodies healthy.



WOW Refrigerator Note

WOW! We are reading and learning about exercise right now. During the next few weeks you can help your child by asking them about exercise.

You can:

- Talk to your child about why exercising is important.
- Show them what you do to exercise or do a simple exercise with them.
- Go to the library and check out a book about exercise.
- Every few days, ask your child to tell you something new they've learned about exercise.
- Try an activity from the next page.

Post this note on your refrigerator to remind you to talk about exercise with your child.

Thanks!



WOW Refrigerator Note

WOW! We are reading and learning about exercise right now. During the next few weeks you can help your child by asking them about exercise.

You can:

- Talk to your child about why exercising is important.
- Show them what you do to exercise or do a simple exercise with them.
- Go to the library and check out a book about exercise.
- Every few days, ask your child to tell you something new they've learned about exercise.
- Try an activity from the next page.

Post this note on your refrigerator to remind you to talk about exercise with your child.

Thanks!





WOW Notas para el Refrigerador

WOW! Estamos leyendo y aprendiendo sobre el ejercicio en este momento.

Durante las próximas semanas, puedes ayudar a tu hijo preguntándole sobre el ejercicio. Puedes:

- Habla con tu hijo sobre por qué es importante hacer ejercicio.
- Muéstrales qué haces para hacer ejercicio o haz un ejercicio sencillo con ellos.
- Ve a la biblioteca y saca un libro sobre ejercicio.
- Cada ciertos días, pídele a tu hijo que te cuente algo nuevo que haya aprendido sobre el ejercicio.
- Prueba una actividad de la página siguiente.

Pega esta nota en tu refrigerador para recordarte hablar sobre el ejercicio con tu hijo.

¡Gracias!



WOW Notas para el Refrigerador

WOW! Estamos leyendo y aprendiendo sobre el ejercicio en este momento.

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Pega esta nota en tu refrigerador para recordarte hablar sobre el ejercicio con tu hijo.

¡Gracias!



Exercise Family Engagement Activities

Try these at home to strengthen your child's knowledge and connection to exercising:

🎵 **Have a dance party night:** Let everyone pick a favorite song to dance to. Freeze dance is also fun!

🏆 **Create a mini obstacle course at home:** You can do this inside or outside. You can use pillows to jump over, chairs to crawl under, or tape lines to balance on.

👤 **Play Family Movement Bingo:** You can copy and print out this board to play!



10 JUMPING JACKS 	ANIMAL WALK LIKE A BEAR 	HOP LIKE A BUNNY 	5 BIG STRETCHES 	TIPTOE AROUND
CRAB WALK 	10 SQUATS 	REACH UP TO THE SKY 	BALANCE ON ONE FOOT 	MARCH IN PLACE
WALK LIKE A CRAB 	ROLL LIKE A BALL 	FREE SPACE 	CLIMB LIKE A MOUNTAIN 	TOUCH YOUR TOES
SIDE STEPS TO THE LEFT 	SIDE STEPS TO THE RIGHT 	JUMP 5 TIMES 	DO 5 BIG ARM CIRCLES 	DANCE TOGETHER
WALK LIKE A PENGUIN 	PLANK LIKE A SUPERHERO 	HIGH FIVE 5 TIMES 	LUNGE FORWARD 5 TIMES 	TAKE 3 DEEP BREATHS

♥ COMPLETE MOVES, MAKE MEMORIES, AND HAVE FUN TOGETHER! ♥

Actividades Familiares de Ejercicio y Participación

Prueben estas ideas en casa:

🎵 **Organicen una noche de baile:** Dejen que cada miembro de la familia elija su canción favorita para bailar. ¡El juego de «bailar y congelarse» también es muy divertido!

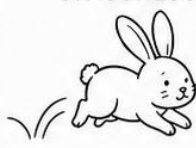
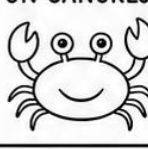
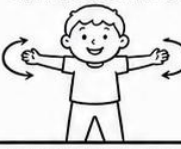
🏠 **Creen una mini pista de obstáculos en casa:** Pueden hacerlo tanto en el interior como en el exterior. Pueden usar almohadas para saltar por encima, sillas para pasar gateando por debajo o líneas de cinta adhesiva para mantener el equilibrio.

🎲 **Jueguen al Bingo de Movimiento Familiar:** ¡Pueden copiar e imprimir este tablero para jugar!



BINGO DE EJERCICIOS

¡MOVIMIENTOS DIVERTIDOS PARA HACER JUNTOS!

10 SALTOS DE TIJERA 	CAMINA COMO UN OSO 	SALTA COMO UN CONEJO 	5 ESTIRAMIENTOS GRANDES 	CAMINA DE PUNTILLAS 
CAMINA COMO UN CANGREJO 	10 SENTADILLAS 	ALCANZA EL CIELO 	EQUILÍBRATE EN UN PIE 	MARCHA EN TU LUGAR 
CAMINA COMO UN CANGREJO 	RUEDA COMO UNA PELOTA 	ESPACIO LIBRE 	ESCALA COMO UNA MONTAÑA 	TOCA TUS PIES 
PASOS LATERALES A LA IZQUIERDA 	PASOS LATERALES A LA DERECHA 	SALTA 5 VECES 	HAZ 5 CÍRCULOS CON LOS BRAZOS 	BAILA JUNTOS 
CAMINA COMO UN PINGÜINO 	PLANCHA COMO UN SUPERHÉROE 	DA 5 CHOQUES DE MANOS 	ZANCADA HACIA ADELANTE 5 VECES 	RESPIRA PROFUNDO 3 VECES 



¡COMPLETA LOS MOVIMIENTOS, CREA RECUERDOS Y DIVIÉRTETE JUNTOS!





WoW Topics

Pre-Kindergarten

Wild Animals

Marine Animals

Seasons

Pets

Healthy Foods

Exercise

Susan B. Neuman is a Professor of Teaching and Learning at New York University, specializing in teacher education and early literacy development. Previously, she was a Professor at the University of Michigan and has served as the U.S. Assistant Secretary for Elementary and Secondary Education.



In her role as Assistant Secretary, she established the Early Reading First Program and the Early Childhood Educator Professional Development Program, and she was responsible for all activities in Title I of the Elementary and Secondary Act. She has served on the IRA Board of Directors (2001 - 2003) and numerous boards of nonprofit organizations. She is past Editor of Reading Research Quarterly, the most prestigious journal in reading research. Her research and teaching interests include early childhood policy, curriculum, and early reading instruction, Pre-K - Grade 3 for children who live in poverty. Neuman has received two lifetime achievement awards for research in literacy development and is a Fellow of the American Educational Research Association. She has written over 100 articles and authored and edited 11 books.