

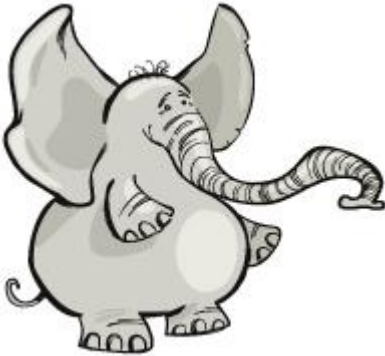
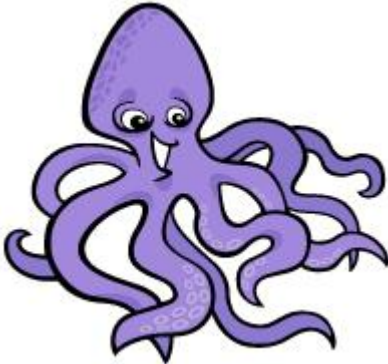







Charades Cards - Animals

K-5

Instructions: Cut out the animal cards. Fold the cards and place in a container. Each player takes a turn picking a card and acting out the animal shown without speaking or making sounds. Other players shout out their guesses until someone guesses the animal correctly. Take turns picking cards and acting out animals.

<p>BEAR</p> 	<p>SHEEP</p> 	<p>ELEPHANT</p> 
<p>OCTOPUS</p> 	<p>MOUSE</p> 	<p>BEE</p> 
<p>KANGAROO</p> 	<p>TURTLE</p> 	<p>DOG</p> 

Fitness Bingo is played like regular Bingo. First person to fill their card wins! Make sure students are doing each activity as it is called.

crab walk
stand on one foot with eyes closed
5 frog jumps
rotate shoulders backwards 5 times
sit against a wall for 20 seconds
reach arms straight overhead
skip across the room
choose your own exercise
run in place for 20 seconds
shrug shoulders 10 times
touch left elbow to right knee
walk backwards
rotate shoulders forwards 5 times
10 heel raises
1 push-up
5 small arm circles
dance
cross legs and reach for toes
5 sit-ups
10 toe raises
march in place
jump 10 times
stand on right foot for 10 seconds
touch right elbow to left knee
5 jumping jacks
5 large arm circles
reach for toes
hold a plank position for 10 seconds
stand on left foot for 10 seconds

Fitness Bingo

rotate shoulders forwards 5 times	stand on one foot with eyes closed	sit against a wall for 20 seconds	run in place for 20 seconds	dance
march in place	shrug shoulders 10 times	hold a plank position for 10 seconds	touch right elbow to left knee	crab walk
rotate shoulders backwards 5 times	jump 10 times	Great Workout! FREE SPACE	5 large arm circles	1 push-up
5 sit-ups	5 frog jumps	reach arms straight overhead	cross legs and reach for toes	reach for toes
choose your own exercise	stand on left foot for 10 seconds	10 toe raises	touch left elbow to right knee	10 heel raises

Fitness Bingo

10 toe raises	skip across the room	cross legs and reach for toes	dance	run in place for 20 seconds
5 large arm circles	rotate shoulders forwards 5 times	march in place	touch right elbow to left knee	10 heel raises
stand on right foot for 10 seconds	walk backwards	Great Workout! FREE SPACE	hold a plank position for 10 seconds	rotate shoulders backwards 5 times
5 jumping jacks	choose your own exercise	sit against a wall for 20 seconds	5 frog jumps	shrug shoulders 10 times
5 sit-ups	reach arms straight overhead	reach for toes	5 small arm circles	crab walk

Fitness Bingo

<h1 style="margin: 0;">Fitness Bingo</h1>				
run in place for 20 seconds	5 frog jumps	5 small arm circles	5 jumping jacks	touch left elbow to right knee
stand on one foot with eyes closed	sit against a wall for 20 seconds	hold a plank position for 10 seconds	reach for toes	walk backwards
choose your own exercise	stand on left foot for 10 seconds	Great Workout! FREE SPACE	shrug shoulders 10 times	rotate shoulders backwards 5 times
touch right elbow to left knee	dance	march in place	reach arms straight overhead	10 toe raises
1 push-up	5 sit-ups	5 large arm circles	stand on right foot for 10 seconds	rotate shoulders forwards 5 times

Fitness Bingo

stand on right foot for 10 seconds	cross legs and reach for toes	rotate shoulders forwards 5 times	jump 10 times	hold a plank position for 10 seconds
10 heel raises	sit against a wall for 20 seconds	5 jumping jacks	touch right elbow to left knee	5 sit-ups
stand on left foot for 10 seconds	stand on one foot with eyes closed	Great Workout! FREE SPACE	crab walk	rotate shoulders backwards 5 times
walk backwards	march in place	5 large arm circles	reach for toes	dance
10 toe raises	1 push-up	5 small arm circles	shrug shoulders 10 times	reach arms straight overhead

Fitness Bingo

run in place for 20 seconds	hold a plank position for 10 seconds	reach arms straight overhead	10 toe raises	10 heel raises
5 large arm circles	reach for toes	skip across the room	dance	touch right elbow to left knee
crab walk	5 frog jumps	Great Workout! FREE SPACE	choose your own exercise	shrug shoulders 10 times
march in place	stand on right foot for 10 seconds	5 sit-ups	rotate shoulders forwards 5 times	walk backwards
touch left elbow to right knee	1 push-up	jump 10 times	cross legs and reach for toes	stand on left foot for 10 seconds

Move Your Body Activity 1-5



Instructions: Cut out cards below. Place them in a container and mix them up. Pick a person to be the "caller." The caller picks out a card and reads the body part. Everyone else must shake, jiggle, or move that part of the body until the caller picks the next card. Liven things up by having the caller vary the amount of time between picking new cards! Once all cards have been picked, select a new caller and start again.

ELBOWS	TOES
SHOULDERS	FINGERS
KNEES	FEET
ANKLES	LEGS
ARMS	WRISTS
BELLY	NECK

Name:

Date:

The Clumsy Penguin (A Movement Story)

Instructions: Read the story aloud. When you come to a **bold** word or phrase, act out the given movement.



Once there was a penguin named Freddy. Freddy was a

very clumsy penguin. Everywhere he **waddled**, Freddy caused trouble.

One day, Freddy **waddled** over to the fishing hole. The other penguins **picked up** fish and **tossed** them into their mouths. Freddy **picked up** a fish, but when he **tossed** the fish, it **landed on** his head!

"Freddy, you are such a clumsy penguin," the other penguins said.

Freddy **lowered** his head and **waddled** back home.

The next day, all of the penguins were **swimming** in the swimming hole. Freddy **jumped** into the water to join them. However, he **jumped** so high that he missed the swimming hole and **bumped** his head on the ice.

"Freddy, you are such a clumsy penguin," the other penguins said.

Freddy **put** his hands on his head and **waddled** back home.

The next day, all of the penguins were sitting on the eggs to keep them warm. Freddy **waddled** over to a pile of eggs and **sat down** on it. Then Freddy **jumped up** and yelled, "Ouch!" Freddy hadn't sat on a pile of eggs. He had sat on a pile of sharp rocks.

"Freddy, you are such a clumsy penguin," all the other penguins said.

Freddy **rubbed** his backside and **waddled** home.

The next day, the penguins decided to have a dance party. They **twisted**. They **twirled**. They **bopped** to the music.

Freddy **waddled** over to join the dance party. As he **waddled** he **slid** to the left and **slid** to the right. He **hopped** on one foot as he tried to catch his balance.

"Hey, look at Freddy," one of the penguins called out.

All of the other penguins stopped dancing and watched Freddy.

Freddy **waved** his arms in the air. He **kicked** his legs. Then he slipped and **spun** in a circle. He **stomped his feet**. He **clapped** his wings. He **spun** in a circle. He **jumped** up and down. He **shook** out his feathers and **moved his arms like a robot**.

All of the other penguins were impressed and started to follow along with Freddy's clumsy dance.

1.

How did Freddy walk?

- a. He slid.
- b. He trudged.
- c. He waddled.
- d. He stomped.

2.

What did the penguins do with the fish?

- a. They hit them.
- b. They tossed them.
- c. They tickled them.
- d. They chopped them up.

3.

What happened to Freddy's fish?

- a. He ate it.
- b. It swam away.
- c. It landed on his head.

d. He gave it to his friend.

4.

What did the penguins do in the water?

a. They played tag.

b. They went swimming.

c. They splashed one another.

d. They slid down the iceberg.

5.

How did Freddy try to get into the water?

a. He slid.

b. He dove.

c. He swam.

d. He jumped.

6.

What did Henry do to his head on the ice?

a. tickled

b. bumped

c. covered

d. scratched

7.

What did the penguins do to the eggs?

a. They sat on them.

b. They cracked them open.

c. They put them in the water.

d. They tossed them all around.

8.

What did Freddy do when he sat on the pile of rocks?

a. laughed

b. laid down

c. jumped up

d. went to sleep

9.

What did the other penguins watch Freddy do?

a. sing

- b. jump
- c. dance
- d. waddle

10.

Which is NOT a way Freddy moved during his clumsy dance?

- a. swam
- b. waved
- c. spun around
- d. slid to the right

MyPlate “Categories” Game K-3

This game should follow a brief introduction to the MyPlate icon and a discussion of food groups.

1. Have all students sit cross-legged in a circle.
2. Rehearse the hand motions for game: Have students pat both knees at the same time; clap hands, snap fingers on one side; and snap fingers on the other side. Keep it as rhythmic as possible – *pat, clap, snap-snap; pat, clap, snap-snap; etc.*
3. Aim to do all speaking on the “*snap-snap*” portion of the chant. Here’s how it starts:

pat, clap [Say] **“Categories”** [while *snapping*]
pat, clap [Say] **“Names of”** [while *snapping*]
pat, clap [Say] **“Vegetables”** [while *snapping*]
pat, clap [Say] **“broccoli”** [while *snapping*]

Have students go around in circle and list names of other vegetables on the “*snap-snap*” part of the chant. Keep the beat going, even if students speak on the wrong part of the chant. Encourage them to say different vegetables, but there’s no consequence for repeats. When you have exhausted as many vegetables as the students can name, then change the category to one of the other food groups: Fruits, Proteins, Grains, Dairy. Start the chant over again as follows:

pat, clap [Say] **“Categories”** [while *snapping*]
pat, clap [Say] **“Names of”** [while *snapping*]
pat, clap [Say] **“Fruits”** [while *snapping*]
pat, clap [Say] **“banana”** [while *snapping*]

There will be less variety as you do proteins, grains and dairy, but encourage students to pay attention to those kinds of foods at home, in the cafeteria, at the store, etc. so that when you play this game again, they can add new and different foods.

Let's Go: Over, Under, Around and Through Fruits and Vegetables

K-3

Directions: Invite students to “act out” the prepositions using hand/body gestures. Suggestions include: Over = Stepping up; Under = crouching down; Around = Arms outstretched creating a circle; Through = swim the breaststroke. If possible, use pictures of fruits and vegetables to prompt responses.

Let's go... Over a bowl of spinach
Under a giant mushroom
Around a huge carrot
Through a sea of potatoes.

Let's go... Over a bowl of cherries
Under a giant mango tree
Around a huge banana
Through a sea of oranges.

Let's go... Over a bowl of sweet potatoes
Under a giant broccoli stalk
Around a huge ear of corn
Through a sea of zucchini.

Let's go... Over a bowl of honeydew melon
Under a giant apple tree
Around a huge pineapple
Through a sea of strawberries.

Let's go... Over a bowl of bell peppers
Under a giant avocado tree

Around a huge pumpkin

Through a sea of cauliflower.

Let's go... Over a bowl of figs

Under a giant pear tree

Around a huge persimmon

Through a sea of blueberries.

When students have acted out the sequence a few times, have them do follow-up activities as desired:

- Name a fruit that was mentioned.
- Name a vegetable that was mentioned.
- Create an activity for a fruit that was not mentioned. (i.e. *over* a dish of apricots)

