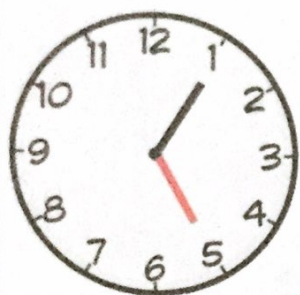
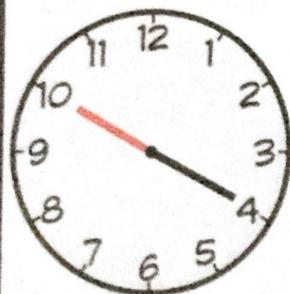
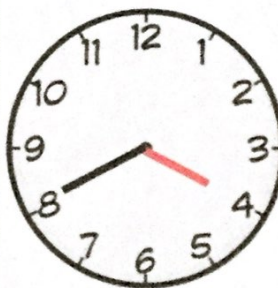
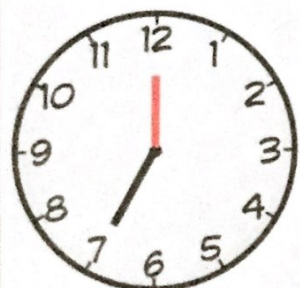
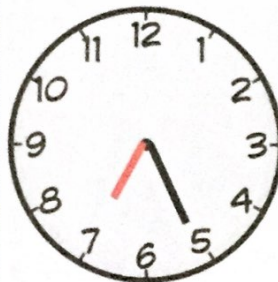
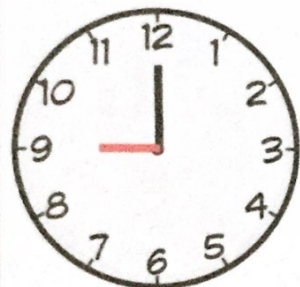
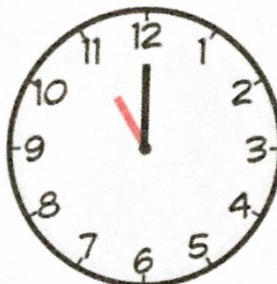


K-2 "TIME" TO WORK ON FLEXIBILITY

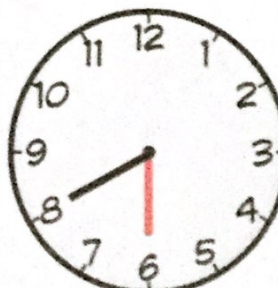
Directions: Read the clock and perform the stretch. Use the hour hand (red hand of the clock) and add your age to determine how many seconds to hold the stretch.



Make sure to do the right leg and the left leg.



Make sure to do the right and left side.



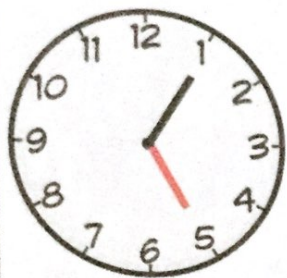
3-5 "TIME" TO WORK ON FLEXIBILITY

Directions: Read the clock and perform the stretch. Use the hour hand (red hand of the clock) and add your age to determine how many seconds to hold the stretch.

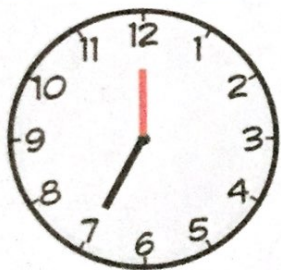
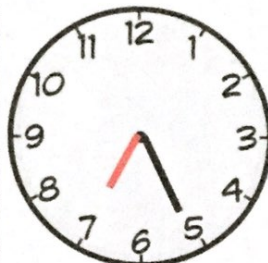
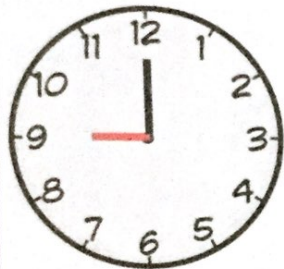
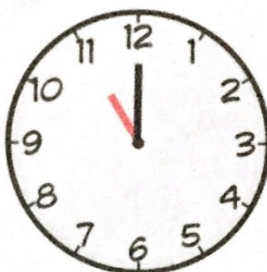
LEVEL 1 – Do all stretches 1 time

LEVEL 2 – Do all stretches 2 times

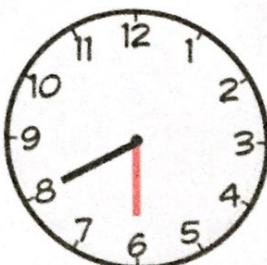
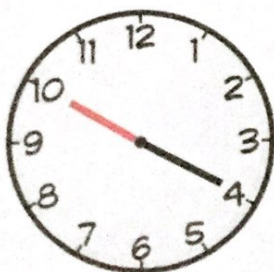
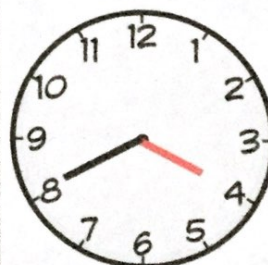
LEVEL 3 – Do all stretches 3 times



Make sure to do the right leg and the left leg.



Make sure to do the right and left side.

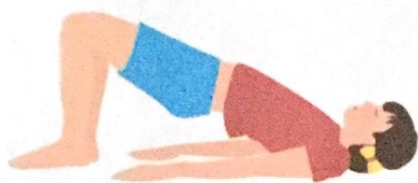


K-2 MUSCULAR STRENGTH + ENDURANCE = MUSCLES!

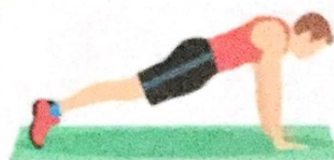
Directions: Add up the coins to find out how many of each exercise to perform.



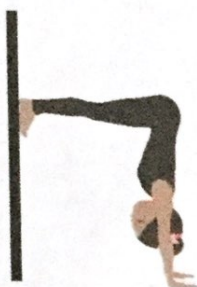
Hold this position
for the number of
seconds the coins
add up to.



Add the coins and
complete this number
of push ups.



Hold this position
for the number of
seconds the coins
add up to.



Hold this position
for the number of
seconds the coins
add up to.



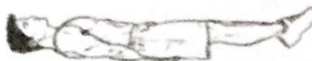
Hold this position for
the number of seconds
the coins add up to.



Add the coins and
complete this number
of mountain climbers.



Tap your shoulders for the total number
the coins add up to.



Add the coins and complete this number of
flutter kicks.

3-5 MUSCULAR STRENGTH + ENDURANCE = MUSCLES!

Directions: Add up the coins to find out how many of each exercise to perform.

Challenges:

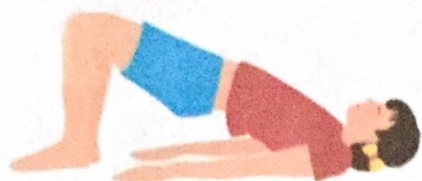
LEVEL 1 – Add 3 more to the total

LEVEL 2 – Add 6 more to total

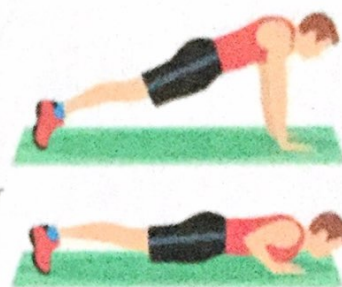
LEVEL 3 – Add 10 more to the total



Hold this position for the number of seconds the coins add up to.



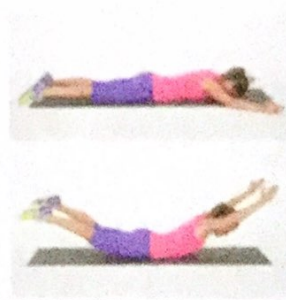
Add the coins and complete this number of push-ups.



Hold this position for the number of seconds the coins add up to.



Hold this position for the number of seconds the coins add up to.



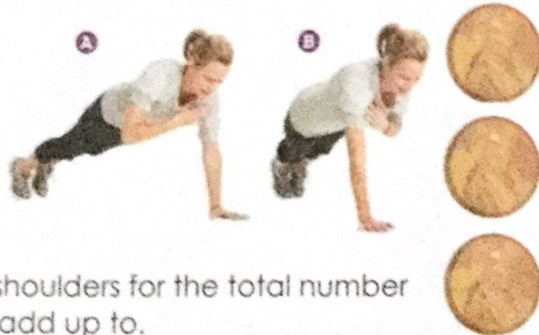
Hold this position for the number of seconds the coins add up to.



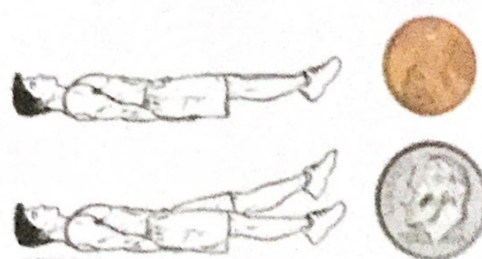
Add the coins and complete this number of mountain climbers.



Tap your shoulders for the total number the coins add up to.



Add the coins and complete this number of flutter kicks.



Name: _____

HEALTHY OR UNHEALTHY

Directions: Match by drawing the food item to the correct category!

Have Fun!

HEALTHY

UNHEALTHY

Cookies



Strawberry



Lollipop



Sandwich



Chips



Yogurt



Pizza



Cupcake



Broccoli



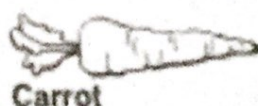
Apple



Candy



Carrot



BODY SYSTEMS LESSON K-5

Please draw a picture of an activity or exercise you can do to improve the first four components. The Body Mass Index is information for you to know and learn. **THEN PERFORM THE EXERCISES OR ACTIVITIES THAT YOU THOUGHT OF BELOW.**

1. **Flexibility** is the ability of the muscles to be stretched through the entire range of motion.

2. **Cardio-Respiratory Endurance** is the ability of the heart and lungs to supply oxygen to the muscles during long periods of physical activity.

3. **Muscular Endurance** is the ability of the muscles to repeat a movement many times or hold a position without stopping to rest.

4. **Muscular Strength** is the ability of a muscle or muscles to push or pull with its total force.

5. **Body Mass Index (BMI)** is the relationship measured in percentage of fat mass and muscle mass in your body. Your body is made up of muscles, organs, bones, and fat.

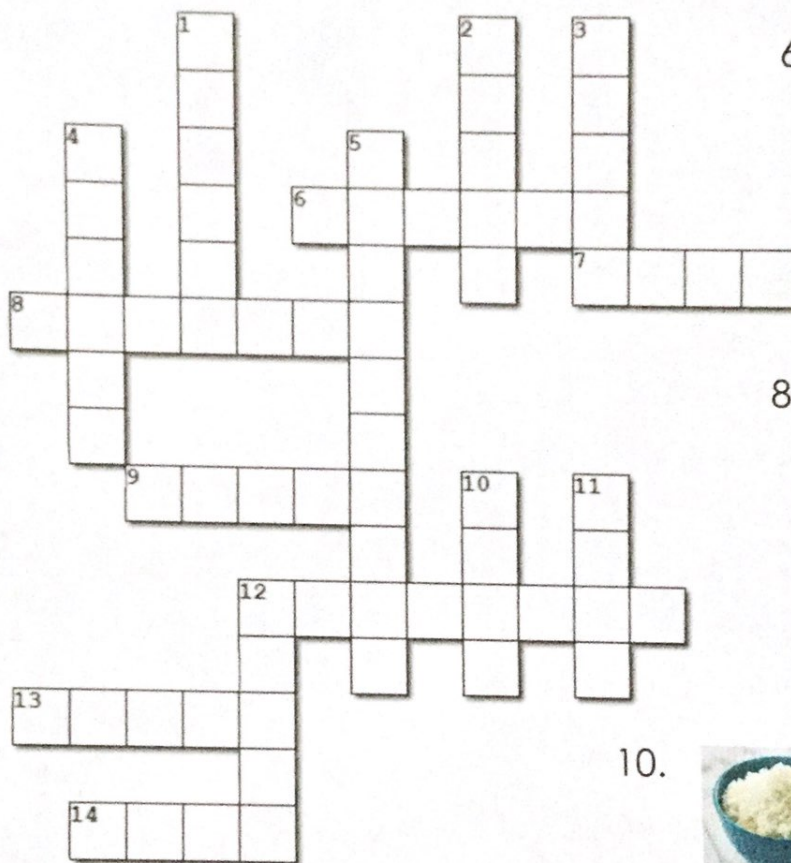
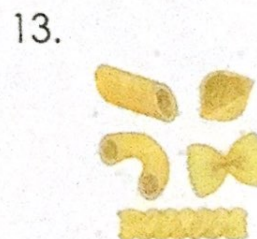
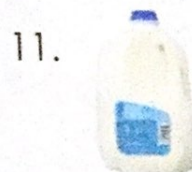
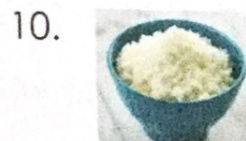
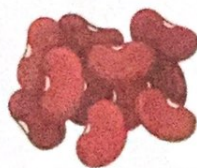
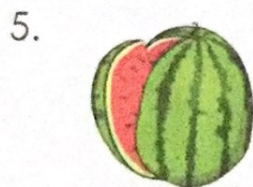
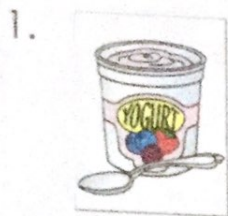


Muscles + Bones + Organs + Fat

Food Group Crossword Puzzle

Down

Across



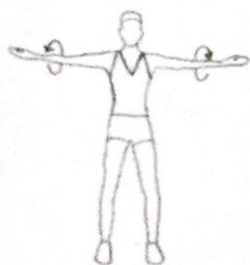
Food Group Crossword Puzzle

If you have a printer, print out the puzzle and see if you figure out all the foods that are in the puzzle. If you don't have a printer, find a pencil and paper and create the crossword by drawing it out yourself.

Discuss with a family member about some of the foods in the puzzle and see if you can identify which food group they belong in (Grains, Fruit, Vegetables, Dairy, or Proteins). Remember, you want something from each of the food groups with every meal if you can!

For each of the foods in the puzzle, you are going to do the exercise that goes with the food group.

Fruit – 15 Arm Circles



Vegetables – 15 Scissor Jumps



Grains – Hop on each foot 15 times



Dairy – 15 Skier Jumps



Protein – 15 seconds of stretching – Pick one

