

Lesson Four: Games to Grow On

Children will be able to list the benefits of physical activity and different ways to be active.

© Teaching Steps

1. Link lesson to the play.

Remind children of the scene in *Zip's Great Day* when Zip dances with Fizz and Eddie.

- What types of games do Fizz and Eddie like? (*games in which they run, jump, dance, and move their bodies in lots of different ways*)
- These games could be called “moving games.”
- What types of games does Zip like? (*computer games, video games, game shows on television*)
- These games could be called “sitting games.”
- How are these two types of games the same or different? (*Both types of games use your head, but only moving games use your body.*)
- What does Eddie mean when he says, “You can’t get your full play value sitting in a chair!” (*Eddie doesn’t think sitting games are as much fun.*)
- Do you agree? Why or why not?

2. Play a moving game with children.

Tell children that the class is going to create its very own crazy dance.

Gather students in a circle. Have them stand at least one arm’s length apart. Begin with one simple gesture, such as nodding your head or tapping your foot. Then go around the circle, having each student add one more gesture to the dance.



If students run out of ideas, you may want to suggest one of the following:

- Jump on one foot.
- Clap your hands.

- Flap your arms.
- Swivel your hips.
- Open and shut your mouth.
- Blink your eyes.
- March in place.
- Turn around.

Once you get all the way around the circle, do the whole crazy dance for a minute or so. Then have children sit down and rest.

3. Talk about physical activity.

Ask children how they liked the game. Was it fun? Can they feel their hearts beating? Are their muscles relaxed? How do they feel?

- Why do we all need to move our bodies. (exercise)? (*It makes you feel good, helps your muscles stay strong, gives you energy, it’s good for the heart, it builds strong bones.*)

In the play, “You” says, “You can get exercise from all sorts of things, if you just get up and move.” What does he mean? (*There are lots of ways to have fun and get exercise every day. You don’t have to play sports such as baseball to get exercise.*)

4. List ways to get up and move.

Ask children for other examples of ways to “get up and move” every day. Write responses on the board (*jump rope, climb trees, play a sport, walk to school, ride a bike, swim, dance, walk the dog, rake the yard, etc.*).

Ask students to pick one new activity to try every day for a week.

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Read to children stories about physical activity. Possible stories include *Bearobics: A Hip-Hop Counting Story* (V. Parker); *The Magic Hockey Stick* (P. Maloney); *I Wear My Tutu Everywhere* (W. Lewison); *Babar’s Yoga for Elephants* (L. Brunhoff).