

Physical Activity

Learning Objectives

- I can describe different types of physical activity and recognize the need for regular physical activity. (K.1e)
- I can identify positive physical activity options and the benefits of being physically active everyday. (K.2e)
- I can describe ways to participate in physical activity regularly inside and outside of school. (K.3e)

Teacher Notes

- This lesson will include many pauses that will involve student response or time to design. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline

Physical Activity Video

Step 1 Introduction [include pre-assessment]

- Pre-Assessment:
 - What does physical activity mean?
 - How many types of physical activities are there?
 - What can you do at home to be physically active?

Step 2 Activity

- Students will choose one exercise from each of the three types of physical activity.

Step 3 Closure

- Post- Assessment: This or That
 - Which of these is an aerobic activity?
 - Which of these is a strength activity?
 - Which of these exercises is a flexibility activity?

Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: This or That will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

Extensions/Connections/Applications

- Implementing teacher can have students demonstrate or share examples of physical activities they have done before from each of the three groups: Aerobic, Strength, and Flexibility.



Sample Lesson Plan
Virginia 2021 SOL Edition
Created by: Stevie Gray and Kim Gentry
Physical Activity GRK-HP-8
Kindergarten - K.1e, K.2e, K.3e

Resources/References

- [Health Smart](#)
- [Kids Health](#)