

Standards-aligned resources

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- **1. Understand concepts related to health promotion and disease prevention at personal levels.**
- **2. Demonstrate the ability to acquire and implement and practice the skills to health.**
- **3. Demonstrate the ability to use appropriate interpersonal skills for personal health and disease prevention needs.**
- **4. Demonstrate the ability to use good eating habits for personal health.**
- **5. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**
- **6. Demonstrate the ability to advocate for personal, family, and community health.**

National Health Education Standards: <http://www.kidzhealth.com/standards/health/standards/index.html>



Grades 3 to 5 • Personal Health Series
Fitness

The following activities will help your students develop an appreciation for the importance of physical fitness — and get their bodies moving in the process!

Related KidzHealth Links

Articles for Kids:

- Be a Fit Kid!**
kidzhealth.org/kid/health/fitandfaster
- It's Time to Play!**
kidzhealth.org/kid/health/keep-fit/keep-fit.html
- Why Exercise Is Cool!**
kidzhealth.org/kid/health/it-s-cool-to-exercise
- What If I Don't Like Sports?**
kidzhealth.org/kid/health/parents/what-if-i-dont-like-sports.html
- 5 Reasons Kids Should Play Sports**
kidzhealth.org/kid/health/5-reasons-why
- Getting Muscles**
kidzhealth.org/kid/health/getting-muscles.html
- What's Sweet?**
kidzhealth.org/kid/health/what-s-sweet

Resources for Teachers:

- Classroom Exercise Breaks for Elementary Students**
kidzhealth.org/parents/classroom/exercise-breaks
- Easy Elementary Exercises (Index)**
kidzhealth.org/kid/kidzfit/elementary-exercises.html

Discussion Questions

Read the following questions and discuss or disagree! (Assign roles for acting with your students.)

1. Whether eating your diet or practicing what you learned (the swimming team), there are lots of ways to keep your body healthy! How do you stay fit and active? Which physical activities do you like and why? How does being active make you feel?
2. You know you feel great after a bike ride, but why? What does exercise actually do for your body? What could happen if you don't lead a healthy and active lifestyle?
3. Has a teacher ever made them you throw the ball, or just won't go in the field, (have frustration)? Talk about a time when you overcame a physical challenge. What was it? How did you meet the challenge? Why was it important for you to succeed? How did you feel when you succeeded?
4. Do you think you have far to go as a physical activity or enjoy it? Why or why not?

Teachers Guide Fitness Grades 3 To 5 Kidshealth The

Michael Seilmaier



Teachers Guide Fitness Grades 3 To 5 Kidshealth The:

Decoding **Teachers Guide Fitness Grades 3 To 5 Kidshealth The**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Teachers Guide Fitness Grades 3 To 5 Kidshealth The**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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