

## CALIFORNIA HEALTH STANDARDS

**K/1.3.N** Describe the benefits of being physically active.

**K/5.1.N** Describe ways to participate regularly in active play and enjoyable physical activity.

**K/4.1** Identify physical activities that are enjoyable and challenging.

**K/4.5** Explain that physical activity increases the heart rate.

**G1/4.1** Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.

**G2/1.8.N** Identify and explore opportunities outside of school for regular participation in physical activity.

# PLAY AT SUPER SPEED!

## CONCEPT REVIEW

“Playing hard” means getting our hearts beating faster. Playing soccer, swimming and even vacuuming are physical activity. There are also activities that do not move our bodies, which we will call “hardly playing.” Watching TV and playing video games are two good examples.

*Please see reverse for more information on this topic.*



## KEY VOCABULARY

- Heart – A muscle that pumps blood to your body.
- Beats per Minute (bpm) – How many times your heart beats in one minute.
- Muscle – A part of your body that helps you move and grow strong.
- Physical Activity – Moving your body so your heart beats faster.

## ACTIVITIES

Have students find their heart beat. Explain that when they are resting (like sitting at their desks) their heart beats slower than when they are moving around.

Lead children in some type of physical activity (hopping, skipping etc). Pause and have them feel their heart beating faster. Explain that their heart is pumping blood to their body and their muscles. Their heart is a muscle and moving around makes it grow stronger.

Ask, “How can we make our hearts grow stronger?” Explain physical activity and the “playing hard” or “hardly playing” concept above. Ask students what activities they do—write in two columns: “playing hard” and “hardly playing.”



# MORE INFORMATION...

## ABOUT PHYSICAL ACTIVITY *for children*

Explain that sometimes, they can ‘trade’ one activity for another to increase the time they spend “playing hard.” Share examples (replacing video games with biking). Encourage students to get their hearts pumping at recess.

Have students draw a picture of a “playing hard” activity (*playing at super speed*) they do.

### BACKGROUND: PHYSICAL ACTIVITY

Children need at least 60 minutes of physical activity each day! We may picture children as vigorous creatures but the truth is that many kids today are *not* moving enough.

**Fact:** Physical fitness is part of being healthy. “Playing hard” means doing something physical—moving your muscles, getting your heart beating faster. Examples of being active are playing basketball, riding a bike, skating and swimming. Exercise helps our bodies to be healthy, feel better and look better.

**Fiction:** Only organized sports or playground activities provide the level of physical activity children need—not so! A wide variety of sports and play—both formal and informal—can provide the opportunity to get our bodies moving, our heart rates up, and our muscles working. Even everyday tasks like taking the stairs, walking the dog or helping with yard work can add to children’s physical activity levels.

### WRAP-UP/HOMEWORK

Student will go home and participate in some type of physical activity with a family member (or other adult); encourage them to share the heart beat lesson they learned. Student will draw a picture of the activity to share with the class.

### RESOURCES

#### Dairy Council of California Nutrition Education Curriculum:

**1st Grade:** Healthy Choices, Healthy Me, LESSON 10: Playing Hard, Feeling Great!

**2nd Grade:** Healthy Choices, Healthy Me, LESSON 7: Moving Around

- [www.cdc.gov/physicalactivity/](http://www.cdc.gov/physicalactivity/)
- [www.dairycouncilofca.org](http://www.dairycouncilofca.org)
- [www.sparkpeople.com/resource/fitness.asp](http://www.sparkpeople.com/resource/fitness.asp)

### READING LIST

- *My Daddy is a Pretzel* by Baron Baptiste and Sophie Fatus
- *Ink, Wink, and Blink Workout* by Pete Whitehead
- *Let’s Be Fit* by P.K. Hallinan