

## Lesson Plan

### Is This Exercise?

**Book:** *We Exercise*

**Series:** Activities We Do

**Level:** Scout

### Objective

To help students practice using context clues to define the word *exercise*.

### Supplies

- *We Exercise* book
- Scholastic Children's Dictionary
- A large, open space

### Before the Activity

Read *We Exercise* out loud to students.

### Activity

Open the book to page 12. Ask for four volunteers, and have each volunteer read one of the sentences on this page out loud. Work together as a class to define the word *exercise* based on the information on this page. (Sample Answer: Exercise is when we move our bodies so that our breath speeds up, our hearts beat quickly, and our skin sweats.)

Then, choose another volunteer to look up the word *exercise* in the Scholastic Children's Dictionary and read the first definition: "Physical activity that you do to stay strong and healthy." Ask the class to compare this definition and the one based on the book.

Finally, play a game to practice applying the meaning of the word *exercise*. Move to the open area and explain that you are the Leader. You will start doing an action, such as jumping jacks, and ask the question, "Is this exercise?" Students who think the action is exercise should call out YES and start copying you. Students who think the action is not exercise should call out NO and sit down on the ground. Repeat a few times until students understand the rules, choosing some actions (such as running in place) that are exercise and some (such as holding your nose) that are not. Then choose students to take turns being the Leader.

**Evaluation**

Could students use the context clues to create a definition for the word *exercise*? Could they check this definition against the version in the dictionary? Could they apply this word's meaning to the actions in the game?

**Standards**

This lesson may be used to address the Common Core State Standards' language standards, grade 1 (L 1.4, 1.5).