

Lesson Plan

Rest and Exercise

Book: *Taking Care of Your Body*

Series: Life Skills

Level: Pioneer

Objective

To use a game of musical chairs to review the concept that people need both rest and activity to stay healthy.

Supplies

- *Taking Care of Your Body* book
- Open space for an active game
- Computer or other way to play music
- Large, colorful pieces of paper

Before the Activity

Read the *Taking Care of Your Body* book out loud to students. Scatter the pieces of paper around the open space in a round shape, making sure there is one piece of paper for each student.

Activity

Open the book to page 18 and review the two ways it says people can take care of their bodies. According to this page, people must spend time resting and time being active.

Students will play a version of musical chairs to practice this concept. While the music plays, students should be active. They should walk or dance around the room, just outside the ring of papers. When the music stops, the students must rest. They must rush to find a “pillow,” which is a piece of paper, to lay their head on. The last student to lie down is out.

Remove two pieces of paper from the circle. Then start the second round. Like the first round, students must move around the room when you play the music and “rest” as soon as the music stops. The student left without a “pillow” is out. Repeat for several rounds, removing a piece of paper each time so there is one less paper than students playing. If you want, you can switch up the movement for each round (i.e. walking backward or hopping with both feet together).

Evaluation

The game ends when there is one student left, or when you decide it has lasted long enough.

Standards

This lesson may be used to address the Common Core State Standards' reading standards for informational texts, grade 1 (RI 1.2).