

LESSON TITLE: ***Taking a Healthy Break!***

GLE Text and Benchmarks:
(Includes Book and Follow Up Activity)

GLE # Mathematics

07	(PK-CM-M1) (M-2-E) Use words such as <i>day, week, month, schedule, morning, noon, night</i> .
13	(PK-CM-P1) (PK-CM-P2) (P-1-E) (P-3-E) Recognize and copy repeated patterns (e.g., concrete objects, songs, rhymes, and body movements).

GLE # English Language Arts

06	(PK-LL-R4) (ELA-1-E4) Relate pictures to characters.
09	(PK-LL-S3) (PK-LL-R4) (ELA-1-E5) Answer simple questions about a story read aloud.
10	(PK-LL-L1) (PK-LL-S1) (ELA-1-E6) Share related life experiences after stories are read aloud.
24	(PK-LL-L2) (ELA-4-E2) Follow one- and two-step verbal and nonverbal directions.
29	(PK-LL-S1) (PK-SE-C1) (ELA-4-E7) Recognize and follow agreed-upon rules for discussing, such as raising one's hand, waiting one's turn, and speaking one at a time.
41	(ELA-4-E7) Participate in designated roles within classroom activities, such as line leader, teacher helper, and calendar helper.
45a	(ELA-4-E5) Give oral responses, including telling stories and personal experiences.
21c	(ELA-7-E4) Apply basic reasoning skills: connecting what is learned to real-life situations.

GLE # Science

15	(PK-CS-P3) (PS-E-B3) Demonstrate motion by using students' own bodies.
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Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size; 10-30

Life Skill: The importance of being physically active

Character Focus: Self-Responsibility, Choices, and Moderation

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Responding, and Following Instructions
- Math: Counting and Patterns
- Science: Exercise Physiology
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices

What you need for the Lesson:

- *Taking a Healthy Break!*
- Hardy Heart Educational Tool

- Healthy Fitness School Break Activity
- Companion Activity Book (*Optional*)

Learning Activity:

- Healthy Fitness School/Commercial Break
- Companion Book Activities pgs. 13 and 14 (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for Healthy Fitness School/Commercial Break (last pages of book).
- Cut out items, laminate (*optional*) & put in container so cards can be drawn at random

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to learn a very important lesson about... can you guess? (Pause while pulling out doll.) That’s right, Hardy Heart!	Pull out the Hardy Heart plush doll. Let kids try and come up with which character it is.	Guess which character the lesson is going to be about.
Listen carefully because you are going to be able to stand up and move around later in the book! Start reading the book.	As you read the book, have the students follow along and actually do the physical activity with the “guys.”	Sit quietly and listen until interactive parts of book.
Everyone put your hand over your Hardy Heart...can you feel it beating? Your Hardy Heart is pumping very fast right now because it loves it when you exercise.	Put your hand over your Hardy Heart.	Put their hands over their Hardy Heart.
Follow Up Activity: Healthy Commercial/Fitness School Break	Follow instructions of Healthy Fitness School Break and call on some students to do some healthy commercials. You may need to coax the students with some probing questions about the healthy “fruit, veggie or favorite sport activity” commercial. *Give the kids about five minutes to come up with their commercials.	Follow instructions from teacher and create commercials to share with the class.

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Optional Follow-up Activity (if using companion activity books):

- Use pgs. 13 and 14 in the Companion Activity Book