

Preschool Physical Education & Health Lessons

Lesson Information:

Fitness Objective: Students will utilize fitness skills and concepts to increase cardiovascular and muscular endurance through movement.

Health Objective: Students will be able to identify healthy food choices and understand the difference between fruits and vegetables through a variety of activities.

Lesson 5 (Fitness):

Don't Touch The Lava!

Prepare:

Gather "stepping stones" – placemats, paper plates, tissues, etc.

Cut a piece of papers into ten pieces. Write ten letters, numbers or a combination of both on each piece of paper.

DIRECTIONS:

1. First, scatter your "stepping" stones around on the floor of whatever room you want to play in. These can be placemats, paper plates, tissues, etc.
2. Designate a safe starting spot to be "home". (ex: couch)
3. Scatter your learning cards around the floor, preferably on the opposite side of your lava river from your "home".
4. Explain to your child(ren) that you're going to pretend that the floor is lava, and their job is to rescue the cards from the lava one by one.
5. Call out a word/number/letter for your child to rescue. They can only step on the stepping stones. If they successfully get to the card, pick it up, and return to "home" without touching the floor, they get to keep the card and get a point.
6. If they touch the "lava" at any time, they must put the card down (if they have already gotten it), and return to "home" to try again. (You can decide how strict you are on this rule.)
7. Continue calling out cards for your child to rescue (taking turns if you have multiple children playing) until all the cards have been recovered. Then celebrate your triumph over the lava!

Lesson 6 (Health):

Fruits and Vegetables (Printout provided)

Fruits and vegetables are great and healthy snacks. Do you know the difference between them? That depends on whether you're talking about cooking or about how the plant grows. A chef might say that a fruit is the sweet or tart part of a plant that contains a lot of sugar, while the word "vegetable" refers to a plant you can eat, with less sugar.

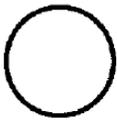
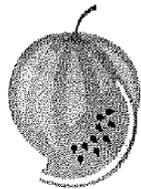
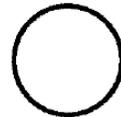
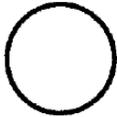
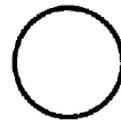
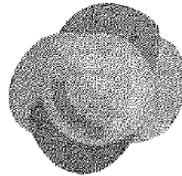
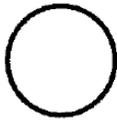
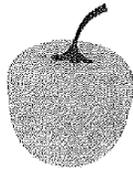
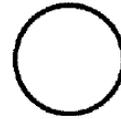
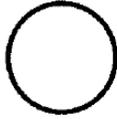
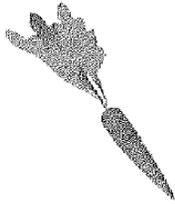
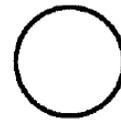
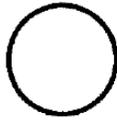
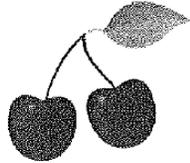
Scientists name plant parts by how the plant uses them, not by how we use them. They talk about leaves, stems, flowers, and roots. The word "vegetable" doesn't have a scientific meaning. In science, the fruit of a plant is the part usually containing seeds that can grow into new plants.

Therefore, scientist call the tomato a fruit, but many chefs call it a vegetable.

Ask Mom or Dad to help you sort these common foods into fruits or vegetables. Maybe you can help cook some up for dinner tonight too!

Fruit or Vegetable?

Color the circle green for vegetable and red for fruit.



Planes
& Balloons