

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 3 (Fitness):

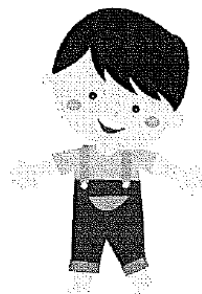
Simon Says Workout (See below)

Use the guide below to play a fun game of Simon Says. Children are only allowed to do an activity if you say "Simon says" before it. When you DON'T say "Simon says" your child has to freeze. The fun is to sometimes just say an activity *without* saying "Simon Says" first! Expect lots of giggles. This activity also develops self-regulation.

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		
Wave your arms above your head.	Hop around like a bunny.	Pretend to shoot a basketball 10 times.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to jump rope for a count of 10.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.		Pretend to milk a cow.
Walk on your knees.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Do the strangest dance you can think of.
		Scream.



Lesson 4 (Health):

Fruit or Vegetable (Activity sheet below)

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.

So 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!

Name _____

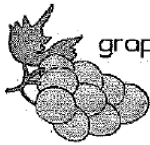

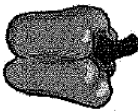


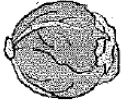





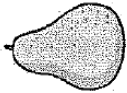
Date _____

Fruits and Vegetables

Cut out the pictures and paste them their correct boxes

fruit	fruit	vegetable	vegetable
fruit	fruit	vegetable	vegetable
fruit	fruit	vegetable	vegetable

Cut along broken lines

 grapes	 banana	 pepper	 apple
 broccoli	 cabbage	 celery	 carrot
 orange	 strawberry	 onion	 pear