

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 1 (Fitness):

Spell Your Name Workout – See below for Letter Chart

Move your body by spelling out your name using the Letter Chart. Can you also spell out your friends or families names?

what's *Fit activity* for kids **your name?**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times

B spin around in a circle 5 times

C hop on one foot 5 times

D run to the nearest door and run back

E walk like a bear for a count of 5

F do 3 cartwheels

G do 10 jumping jacks

H hop like a frog 8 times

I balance on your left foot for a count of 10

J balance on your right foot for a count of 10

K march like a toy soldier for a count of 12

L pretend to jump rope for a count of 20

M do 3 somersaults

N pick up a ball without using your hands

O walk backwards 50 steps and skip back

P walk sideways 20 steps and hop back

Q crawl like a crab for a count of 10

R walk like a bear for a count of 5

S bend down and touch your toes 20 times

T pretend to pedal a bike with your hands for a count of 17

U roll a ball using only your head

V flap your arms like a bird 25 times

W pretend to ride a horse for a count of 15

X try and touch the clouds for a count of 15

Y walk on your knees for a count of 10

Z do 10 push-ups

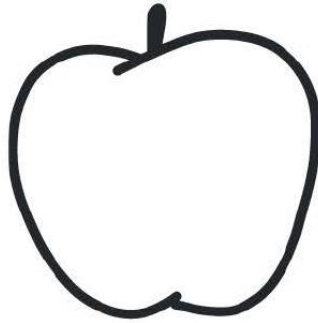
Lesson 2 (Health):

Color the Fruits (Coloring Sheet provided below)

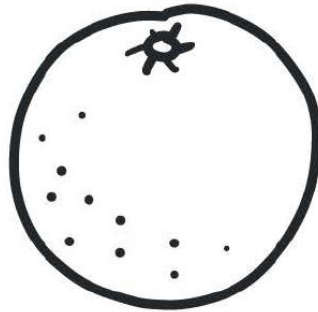
Fruits come in all different, shapes, sizes and colors. Color the fruit and circle your favorite. If you have these fruits at home, ask Mom or Dad to help you make a yummy fruit salad to share. If you don't have fruit at home, you can cut these out and make a pretend fruit salad! Real or make-believe fruit is yummy!

Name _____ Date _____

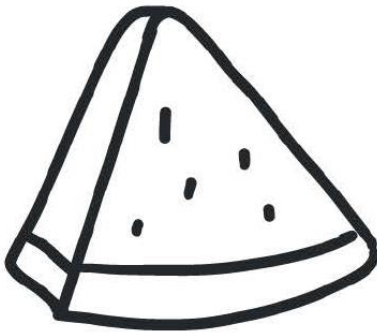
Color the fruits. Circle your favorite fruit.



apple



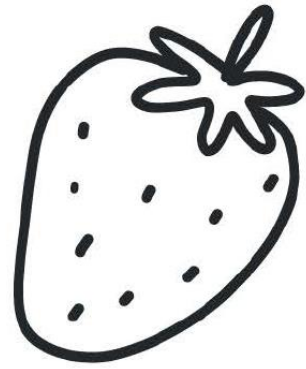
orange



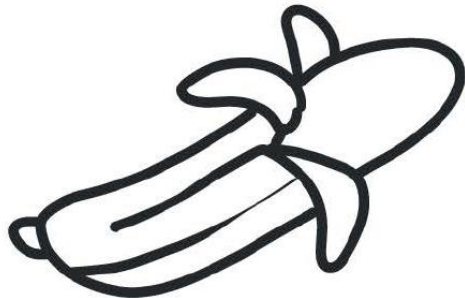
watermelon



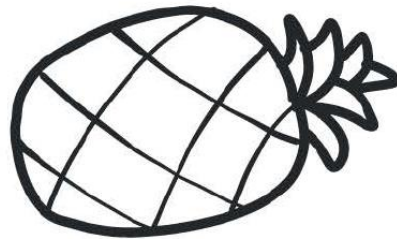
grapes



strawberry



banana



pineapple