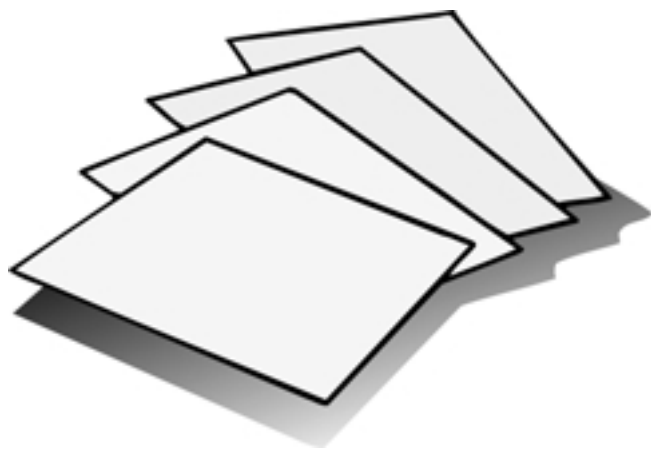


Exercise Changes You

WHAT YOU NEED



crayons



paper

Find Out

Do this activity to find out how exercise can change you.

Process Skills

Observing

Inferring

Communicating

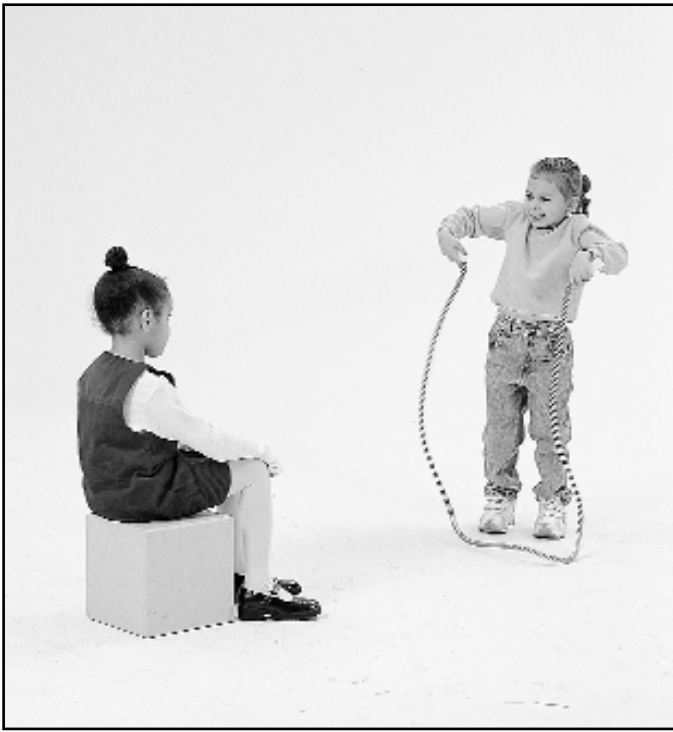
Predicting

Time

- 10 minutes a day for two weeks

WHAT TO DO

1. Choose an exercise or skill to learn. It could be jumping rope, dancing, stretching, playing a sport, or something else you want to learn.
2. **Observe** as someone shows you how to do it.
3. Practice every day. Fill in the Practice Log.

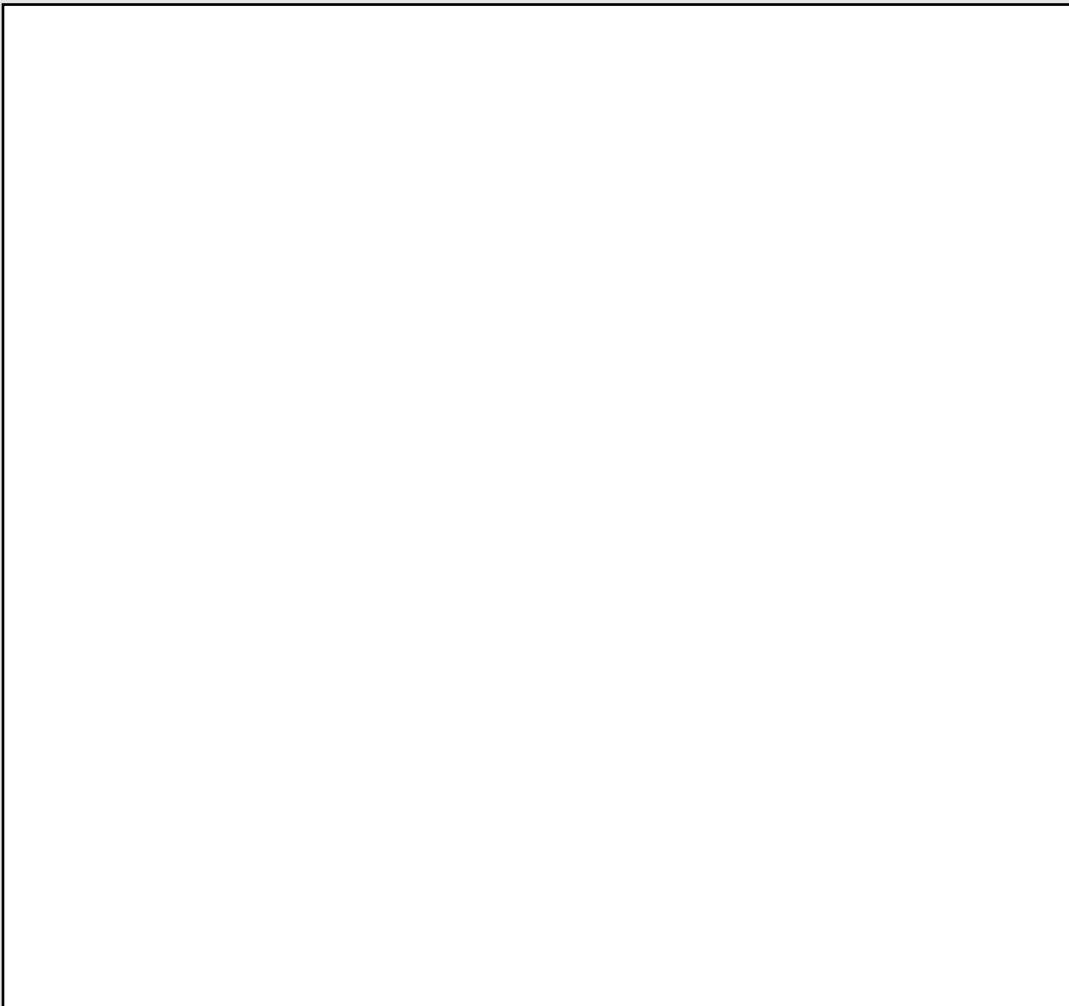


Practice Log

Put a check mark in the box each day you practice.

1	2	3	4	5
6	7	8	9	10

Draw what you did.



Drawings will vary, but should represent the skill the student practiced.

Conclusions

1. What new skill did you learn?

Answers will vary based on students' experiences.

2. How did practice change you?

Answers will vary. Students may say they got better at the skill,

or that they got faster or stronger.

New Questions

1. How do you think more practice would change you?

Some students may say that more practice will make them better,

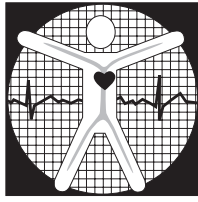
stronger, or faster.

2. Ask a new question you have about exercise.

Accept all new questions.



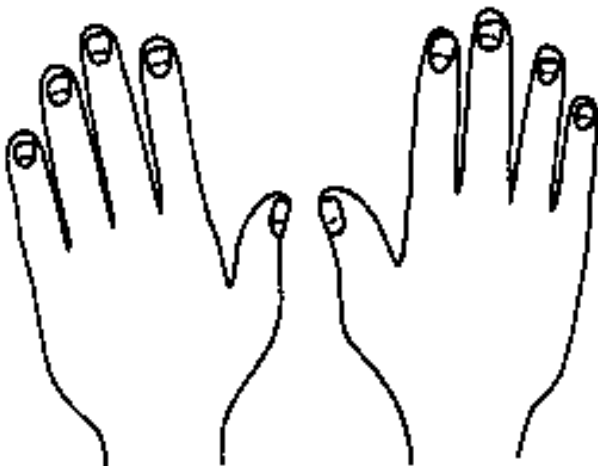
Name _____



ACTIVITY

How Dirt and Germs Spread

How will your partner's hand look?
Circle the picture that shows
your prediction.



Students should circle one of the pictures.
Accept all predictions.

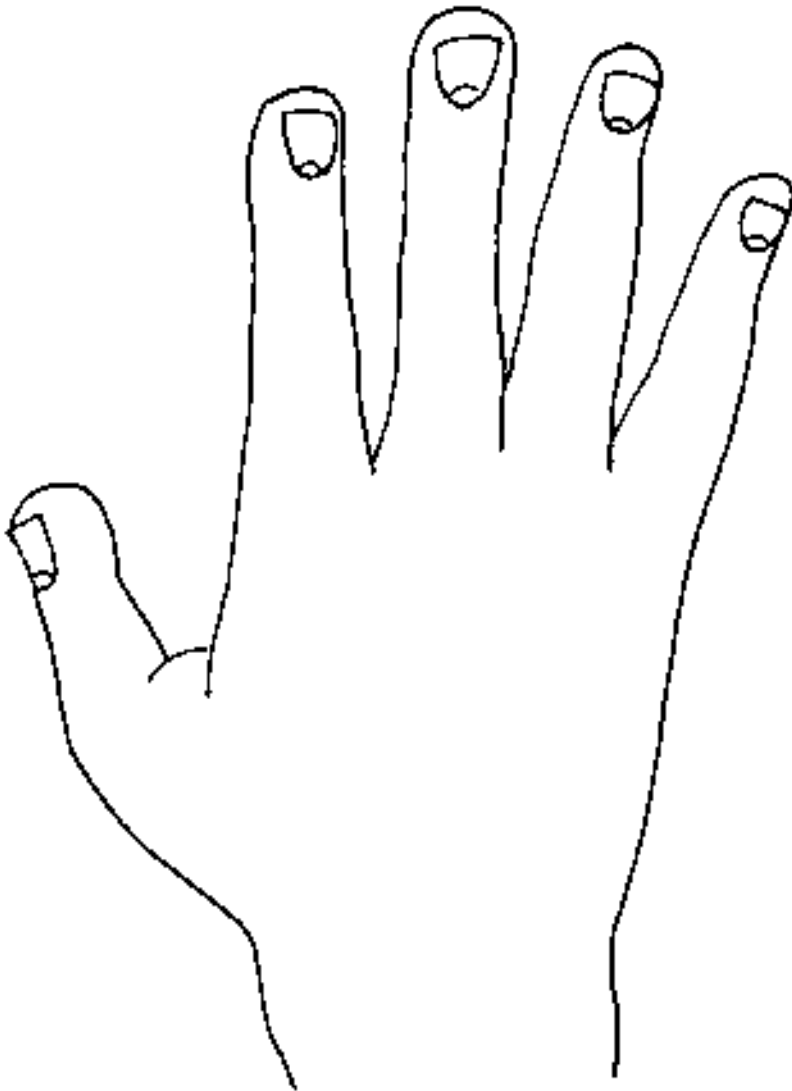
Activity Journal

Lesson 1 • Staying Clean

Name _____

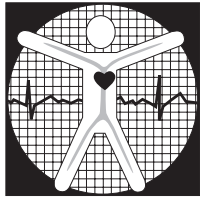
What happened to your partner's hand when you touched it?

Show what happened on this picture.



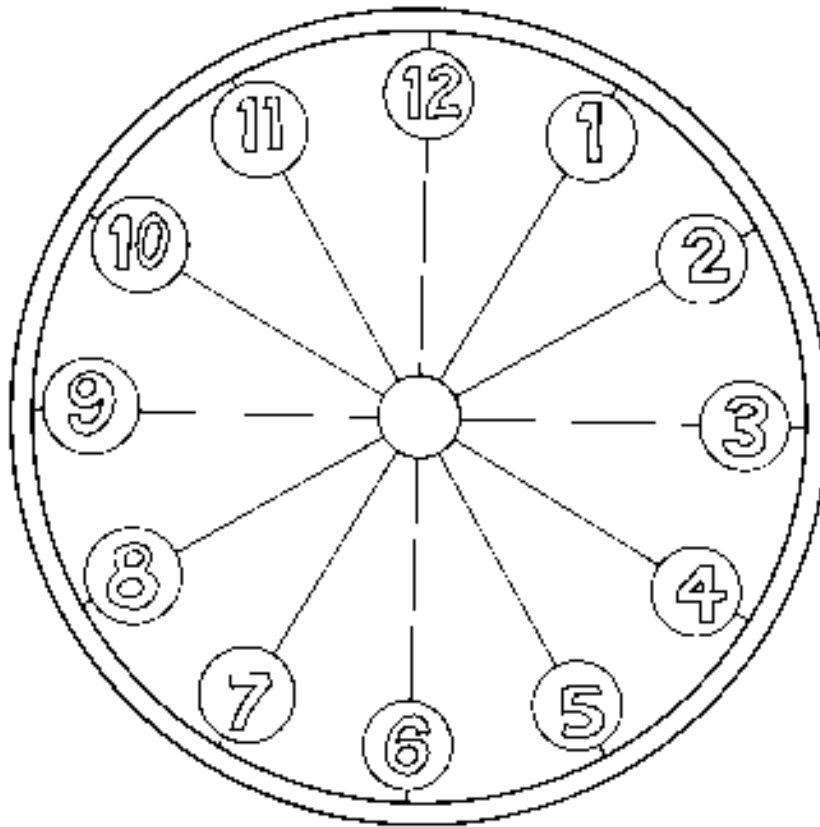
Students should draw specks to show that the hand got dirty.

Name _____



ACTIVITY

Keeping Track of Sleep



Color the circle with the hour you went to sleep.
Use a green crayon.

Color the circle with the hour you woke up.
Use a red crayon.

Color all the hours in between. Use a red crayon.

Name _____

What time did you go to sleep?

Answers will vary based on students' experiences. The hour should be
colored green.

What time did you wake up?

Answers will vary based on students' experiences. The hour should be
colored red.

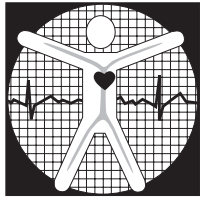
Look at the clock you drew. How many
hours are colored red?

Answers will vary based on when the students went to bed and woke up.
Check to see that students counted accurately.

How many hours did you sleep?

Answers will vary. Students should infer that the number of hours colored
red represents the number of hours they slept.

Name _____

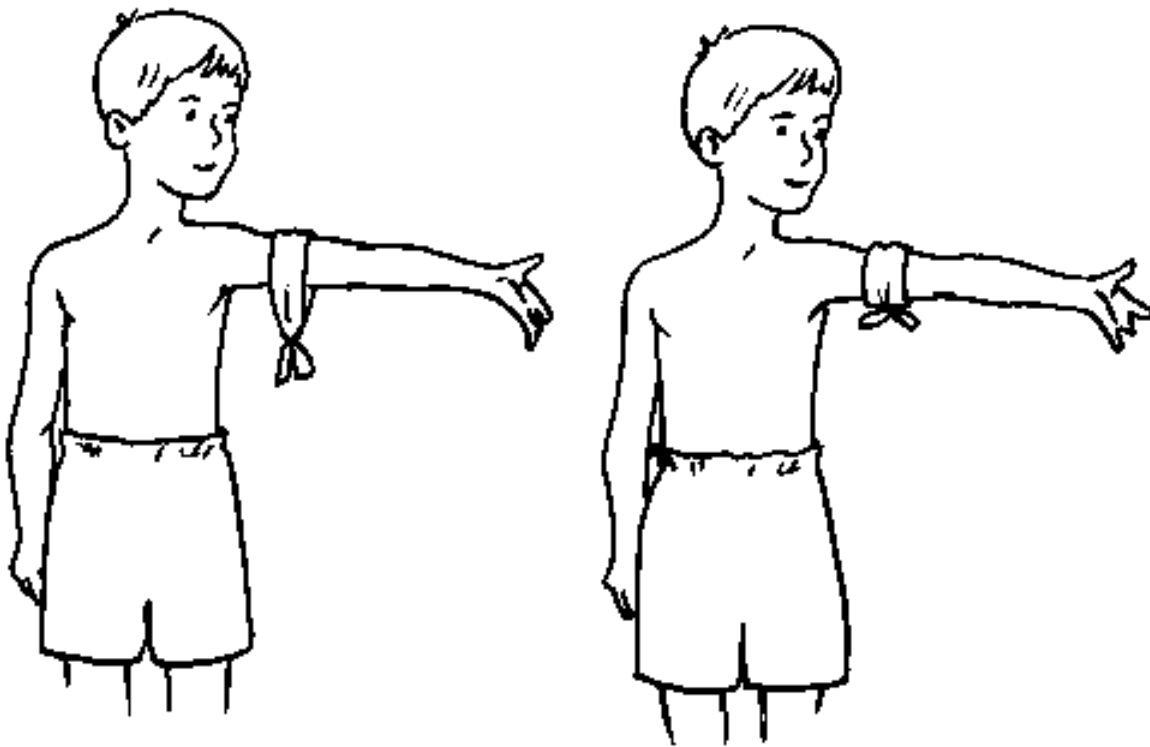


ACTIVITY

How Muscles Work

What happens to the ribbon?

Circle the picture.



Students should circle the picture with the loose ribbon.

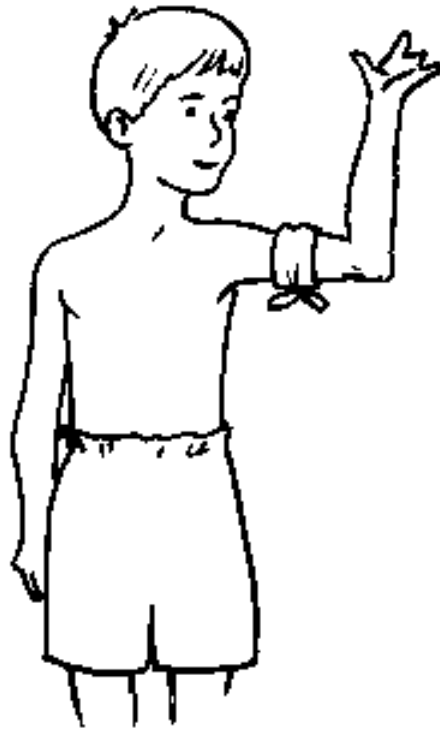
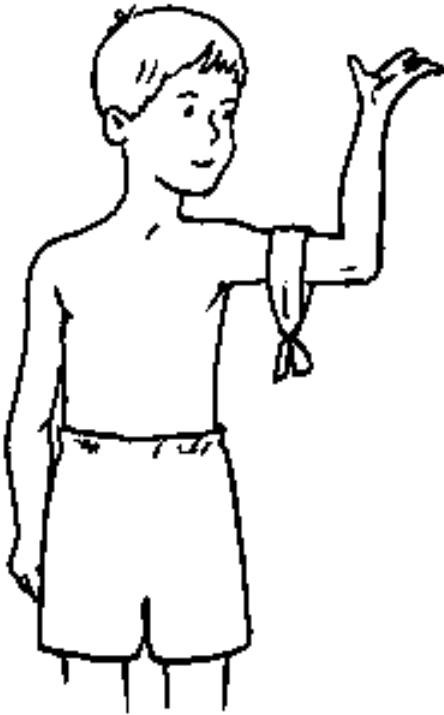
Activity Journal

Lesson 3 • Exercise

Name _____

What happens to the ribbon?

Circle the picture.



Students should circle the picture with the tight ribbon.