



HEALTHY BEAR SAYS, "GET UP AND GO!"

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Be physically active

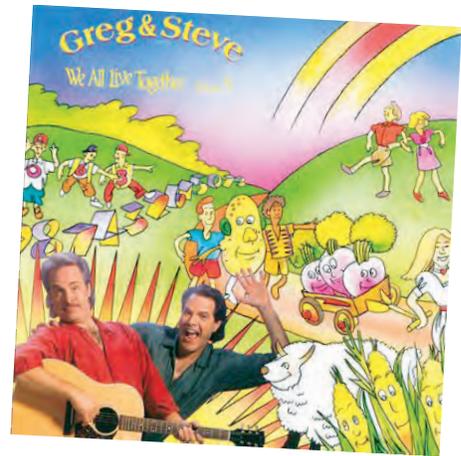


OBJECTIVES:

- › Children will practice gross motor skills by moving.
- › Children will explain that being physically active speeds up their heartbeat and pulse.
- › Children will identify the connection between physical activity, increased heart rate, and good health.

MATERIALS:

- › Healthy Bear puppet
- › Songs that describe or encourage specific movements, such as "Get Up and Go" by Steve and Greg (album: We All Live Together, Volume 5)
- › CD player or iPod and docking station
- › Posters of the body, showing the location of the heart (optional)



PROCEDURE:

1. Have Healthy Bear tell children that they are going to move their bodies today. Explain that when they move they are using energy, which makes their hearts beat faster. If you have a poster that includes the heart, point it out. Have children place hands on their chests to feel their hearts beating or fingers on their wrists/necks to feel their pulses. Suggested language:
 - a. *Do you know where your heart is? Put your hand on your chest over your heart. Can you feel your heart beating?*
 - b. *Our heart is a muscle that keeps our blood pumping all around our bodies, so we can run, jump, and play.*
 - c. *You can feel for your pulse by placing your hand or fingers on your wrist or on your neck.*
2. Play a song that guides children through movement. As the music plays, encourage children to move in suggested ways. Dance along with them and notice children who dance with the music. If some children are hesitant to participate, allow them to stand or sit and watch.
3. When the song finishes, have the children feel their heartbeat/pulse again. Give them opportunities to talk about how fast their hearts are beating after they have moved to the music.
 - a. *You've really been moving. You are using energy.*
 - b. *Your heart is beating faster now. This will make your heart strong and healthy.*

ADAPTATIONS/EXTENSIONS:

Self-concept: Replace Healthy Bear with the name of a child in the classroom. Allow that child to lead a movement activity of his or her choice. Choose as many children as time allows.

Science: Invite a health care provider to visit the classroom and show children how a stethoscope works. Place stethoscopes in the dramatic play area for children to use as they play with dolls or pretend to be health care providers.



Day 12: Be Physically Active

For more activities, visit eathealthybeactive.net