



MAKING ACTIVITY PREDICTIONS

TYPE OF ACTIVITY: Science

KEY CONCEPT: Be physically active



OBJECTIVES:

- › Children will state that physical activity keeps their bodies healthy.
- › Children will make predictions about their physical activity.
- › Children will test their predictions and compare them to actual results.

MATERIALS:

- › Stopwatch

PROCEDURE:

1. Review the idea that physical activity keeps our bodies healthy. Suggested phrases:
 - a. *Moving our bodies makes our hearts beat faster, which helps keep us healthy.*
 - b. *Being physically active also helps our lungs breathe deeper, so we can walk and run faster.*
2. Tell the children that they are going to be scientists and make predictions about physical activity. Explain that a prediction is a guess about something that we think is going to happen. Suggested phrases:
 - a. *When we do a science experiment, we start by guessing what is going to happen. This guess is called a prediction.*
 - b. *Let's practice making a prediction. If you put an ice cube in the hot sun, what will happen to it?*
3. Have children predict which activity will make their hearts beat faster, walking or running.
4. Test the prediction with the children. Teach them how to feel their heartbeat using their fingertips or palm. When children have felt their heartbeat, encourage them to walk to a designated place and back, and then feel their heartbeat again. Talk about the changes in their heartbeats. Encourage children to guess how their heartbeats will change after running. Suggested phrases:
 - a. *How did your heartbeat change after you walked? Was it faster, slower, or about the same?*
 - b. *When you move your body by walking, your heart beats a little faster than when you are standing still.*



5. Repeat step 5, but have children run to a designated place and back instead. Suggested phrases:
 - a. *What do you think will happen to your heartbeat when you run?*
 - b. *My heart is beating much faster after I ran. My prediction was right.*
6. Encourage children to make and test other predictions related to physical activity. Choose from the following examples, or have children come up with their own idea. Use the stopwatch for timed predictions.

Example Predictions

- Will it take you longer to run to the swings or the sandbox?
- How many jumping jacks can you do in one minute?
- How many balls can you toss into the bucket in one minute?
- How many tries will it take you to kick the ball to a target?
- How many jumps will it take to get to the slide?

ADAPTATIONS/EXTENSIONS:

Art: Encourage children to choose two paint colors and predict the color that will result when they are mixed together. Have children test their predictions.

Science: Create a chart to track the number of repetitions of a physical activity each child does in a minute (e.g., jumping jacks, tossing a ball, jumping). Test their abilities from time to time, and record any changes.