



PHYSICAL ACTIVITY COLLAGE

TYPE OF ACTIVITY: Art

KEY CONCEPT: Be physically active



OBJECTIVES:

- › Children will use fine motor skills to cut and glue.
- › Children will identify physical activity as an important way to keep their bodies healthy.

MATERIALS:

- › Magazines with pictures of people participating in physical activities (sports and fitness magazines are ideal, but other magazines will work)
- › Scissors
- › Paper (individual sheets or large sheet for class collage)
- › Glue sticks
- › Pictures of adults or children being physically active



PROCEDURE:

1. Review the concept of physical activity. Hold up a few pictures of children and adults engaging in physical activity (e.g., an adult walking, a child riding a bike). Explain that when we are physically active, we move our bodies so that our hearts beat more quickly. Encourage children to list kinds of physical activity that increase their heart rate (e.g., running, jumping, swinging, playing soccer).
2. Distribute magazines, and encourage children to find pictures of people who are being physically active. Encourage children to cut out their pictures and glue them to the paper. If a child chooses a picture that is not a movement activity, discuss the picture with the child. Suggested phrases:
 - a. *Here's a person who is swimming. Swimming is a kind of physical activity.*
 - b. *I see that the little boy is sleeping. Sleep is important too. After we move our bodies, our bodies need rest. Now can you find a picture of someone being physically active?*

ADAPTATIONS/EXTENSIONS:

Active play: Encourage children to choose an activity from their collage and act it out. Play a game of Follow the Leader, with each child leading the group in a type of physical activity they choose.

Language/literacy: Write the words "Physical Activity Ideas" at the top of a piece of flip chart paper. As children name different types of physical activity, list their ideas on the paper with a marker. Encourage children to locate pictures of those types of physical activity in the magazines, or draw their own pictures. Have children glue the pictures next to the words, and post the "Physical Activity Ideas" list in the classroom.



Day 15: Review – Physical Activity

For more activities, visit eathealthybeactive.net