



HEALTHY BEAR SAYS, "FREEZE!"

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Be physically active



OBJECTIVES:

- › Children will practice gross motor skills by moving their bodies.
- › Children will identify the connection between physical activity, increased heart rate, and good health.
- › Children will practice following verbal directions.

MATERIALS:

- › Healthy Bear puppet
- › CD player or iPod and docking station
- › Music with a fast beat



PROCEDURE:

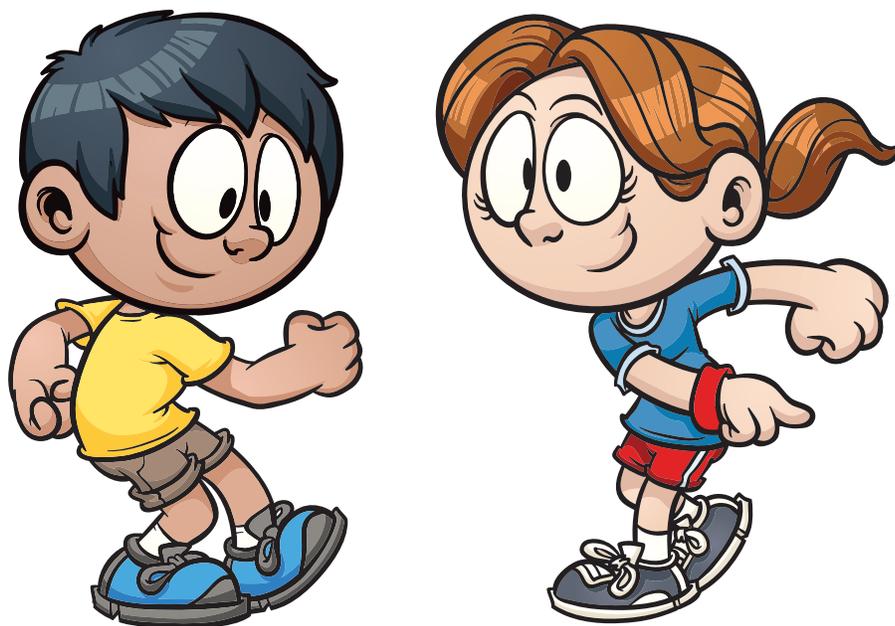
1. Have Healthy Bear remind children that when they move, their hearts beat faster. Have children place hands on their chests to feel their hearts beating or fingers on their wrists/necks to feel their pulses. Suggested phrases:
 - a. *Put your hand on your chest and feel your heart beating.*
 - b. *Your heart is a big muscle that keeps blood pumping all around your body.*
 - c. *One way to make your heart strong is to be physically active by moving your body.*
2. Have Healthy Bear introduce the "Freeze!" game to the children. Explain that they are going to move their bodies in different ways. Healthy Bear will tell them a movement, and they will move in that way while the music is playing. When they hear Healthy Bear say, "Freeze," and the music stops, they need to freeze in place, and not move their bodies again until Healthy Bear tells them the next movement.
3. Have Healthy Bear lead children in practicing the game once. Healthy Bear should call out an action (such as "jump in place"), and then start the music. Encourage children to jump in place until they hear Healthy Bear say, "Freeze!"
4. Play the "Freeze!" game, with Healthy Bear as the leader. Have Healthy Bear call out a different movement for each round of the game. Repeat the game several times.

Movement Ideas

- Jump in place
- Wiggle whole body
- Wiggle one body part (e.g., hips, arms, elbows, feet)
- Twirl arms
- March in place
- Jog in place
- Tiptoe on a sticky floor
- Do jumping jacks
- Dance
- Swim
- Pretend to roller skate
- Rub elbows (or knees) together
- Turn around in a circle
- Hop on one foot

ADAPTATIONS/EXTENSIONS:

Small group: Play the game with a small group of children. Give each child the opportunity to decide the movement, and let them take turns being the leader who stops the music and says, “Freeze!”



Day 15: Review – Physical Activity

For more activities, visit eathealthybeactive.net