Unit 08: Exercise

Content Area: **English Language Arts**
Course(s):
Time Period: **Trimester 3**
Length: **5 Weeks**
Status: **Published**

Brief Summary of Unit

Exercise is an important part of your daily activities. There are several different types of exercise that benefit kids and their families. During the preschool years, children come to understand that exercise is an important part of life and something our bodies need to do to be healthy and safe. Also when participating in physical education they are actually exercising their minds and bodies. Skills in Literacy, Math, Social-Emotional, Science, Social Studies, Technology and the Arts are embedded throughout the unit.

Essential Questions

What do we know about exercise? What do we want to find out?

What are different kinds of exercise?

How do our bodies work when we exercise?

What do our bodies need in order to move and exercise?

What jobs are related to exercise?

How do people stay safe when they exercise?

Enduring Understandings

When to exercise

How to exercise

Exercises that benefit your health

How our bodies react to exercise

What can do to be more healthy

Body Care

Why exercise

Where to exercise

Activities for daily exercise

Students Will Know

What exercise is and how to exercise

How to practice

What an athlete is

What a competition is

Different kinds of sports

Different kinds of exercise equipment

Different kinds of fitness stations

What a pulse is

What a heart is/What it does

What the lungs are/What they do

What a muscle is/what it does

What a joint is/what it does

What a bone is/what it does

What an orthopedist does

What a ligament

What a stethoscope is used for

The names of various bones and muscles

What perspiration is

What nutrition is

What it means to be healthy

What physical education is

Different kinds of safety equipment

What an injury is

What an emergency is

Students Will Be Skilled At

Knowing Different TYpes of Exercise

How our Bodies work During Exercise

Jobs Related to Exercise

Safety while Exercising

Evidence/Performance Tasks

This course is designed to promote skill attainment. Student progression and pace through which they proceed through the performance tasks is based on their affinity for and ability to reach skill attainment. The teacher will determine formative and summative skill attainment; alternative assessments will be incorporated for each student based on their strengths and challenges.

- Student Observation
- Monitor student responses

Learning Plan

Exploring the Topic- What do we know about exercise? What do we want to find out?

- Complete Exploring the Topic Days 1-5
- Activities
    - Game
    - Movement
    - Discussion and Shared Writing
- Read Alouds
    - Use the pictures to help understand the story
    - Retell
    - Learn new vocabulary words

- Small Group
    - Rhyming Riddles
    - Same Sound Sort
    - Huff & Puff
    - Line It Up
    - Making My Name
    - Knowing Our Friends
    - Sorting & Classifying
    - Show Me Five
    - Exploring Pathways
    - Obstacle Course

Investigation 1- What are different kinds of exercise?

- Complete Investigation 1 Days 1-5
- Activities
    - Discussion of Shared Writing
    - Song
    - Movement
- Read Alouds
    - Predictions
    - Retell
    - Make personal connections
    - Use the pictures to understand the story
    - Learn new vocabulary words
- Small Group

- Tallying
- Graphing
- Nursery Rhyme Count

- Stick Letters
- What was for Breakfast?
- My Shadow and I
- Putting Puzzles Together
- Bookmaking
- Digital Exercise Journal
- Which has More?

Investigation 2- How do our bodies work when we exercise?

- Complete Investigation 2 Days 1-5
- Activities
    - Song
    - Discussion and Shared Writing
    - Games
    - Movement
- Read Alouds
    - Predictions
    - Retell
    - Make personal connections
    - Use the pictures to understand the story
    - Learn new vocabulary words
- Small Group
    - Nursery Rhyme Count
    - Rhyming Chart
    - Rhyming Tubs
    - Story Problems
    - Secret Number
    - Storyboard

    - Lemonade
    - Guessing Jar
    - Describing Art

Investigation 3- What do our bodies need in order to move and exercise?

- Complete Investigation 3 Days 1-5
- Activities
    - Song
    - Discussion and Shared Writing
    - Movement
    - Game
- Read Alouds
    - Descriptive words
    - Personal connections
    - Retell
    - Features & Interests
- Small Group
    - Hummus
    - Pizza
    - Five Layer Dip
    - Vegetable Stir Fry
    - Action Patterns
    - Seek & Find
    - Picture Patterns
    - Sorting & Classifying

Investigation 4 - What jobs are related to exercise?

- Complete Investigation 4 - Days 1-4
- Activities

    - Game
    - Song
    - Discussion and Shared Writing
- Read Alouds
    - Descriptive words
    - Personal connections
    - Retell
    - Features
- Small Group
    - Writing Poems
    - Color Hunt
    - More of Fewer Towers
    - Bounce & Count
    - We're Going on a Trip
    - Dinner Time

Investigation 5 - How do people stay safe when they exercise?

- Complete Investigation 5 Days 1-4
- Activities
    - Movement
    - Discussion and Shared Writing
    - Song
    - Game
- Read Alouds
    - Descriptive words
    - Personal connections
    - Retell
    - Features Pets as Friends

- Small Group
    - Math Collage
    - Vegetable Soup
    - Play with Environmental Picture
    - Using Hand Signals for Safety
    - We're Going on an Adventure
    - Where's the Beanbag?
    - Shaving Cream Letters
    - Our Super Duper Writing Book

Materials

Exploring the Topic

- Mighty Minutes
    - Mighty Minutes 75, "Busy Bees"
    - Mighty Minutes 49, "A Tree My Size"
    - Mighty Minutes 81, "Humpty Dumpty"
    - Mighty Minutes 18, "I'm Thinking Of…"
    - Mighty Minutes 55, "Mr. Forgetful"
    - Mighty Minutes 25, "Freeze"
    - Mighty Minutes 91, "Move to the Beat"
    - Mighty Minutes 73, "Are You Ready?"
    - Mighty Minutes 50, "1, 2, 3, What Do I See?"
    - Mighty Minutes 28, "Counting Calisthenics";
- Books
    - The Happiest Tree
    - We All Went on Safari

- Intentional Teaching Cards
    - M05
    - M16
    - M26
    - M31
    - LL11
    - LL12
    - LL29
    - LL30
    - P12
    - P33
- markers
- images of people exercising
- scarf or piece of fabric
- drum
- dance music
- cardboard box
- objects to sort by size
- name cards
- felt board
- objects to count
- lightweight balls
- ribbon
- obstacle course equipment

Investigation 1

- Mighty Minutes
    - Mighty Minutes 70, “The Kids Go Marching In”

- Mighty Minutes 32, “Walk the Line”
- Mighty Minutes 12, “Ticky Ricky”
- Mighty Minutes 04, “Riddle Dee Dee”
- Mighty Minutes 10, “Words in Motion”
- Mighty Minutes 67, “Let’s Stick Together”
- Mighty Minutes 86, “Listening Story”
- Mighty Minutes 39, “Let’s Pretend”
- Mighty Minutes 23 “Hi-Ho, the Derry-O”
- Mighty Minutes 64, “Paper Towel Rap”
- Mighty Minutes 99, “Let’s All Follow”

- Books
  - Bear on a Bike
  - Soccer Counts
- Intentional Teaching Card
  - LL02
  - LL04
  - LL28
  - LL40
  - M06
  - M11
  - M13
  - M19
  - M23
  - M47
- Paper towel roll
- pencils, paper, crayons
- graph paper

- construction paper
- numeral cards
- stick letters
- Flashlight
- Shapes
- Puzzles
- Stopwatch
- journaling materials
- Printer
- book making supplies
- trays or bowls
- objects of similar size

Investigation 2

- Mighty Minutes
    - Mighty Minutes 34, “The Wave”
    - Mighty Minutes 08, “Clap the Missing Word”
    - Mighty Minutes 05, “Silly Willy Walking”
    - Mighty Minutes 97, “Shape Hunt”
    - Mighty Minutes 26, “Echo Clapping”
    - Mighty Minutes 99, “Let’s All Follow”
    - Mighty Minutes 88, “Disappearing Rhymes”
    - Mighty Minutes 44, “Two Plump Armadillos”
    - Mighty Minutes 92, “Name Cheer”
    - Mighty Minutes 16, “Nothing, Nothing, Something”
    - Mighty Minutes 38, “Spatial Patterns
- Books
    - Hop, Hop, Jump!

    - Jojo’s Flying Side Kick
- Intentional Teaching Card
    - M13
    - M17
    - M22
    - M37
    - LL10
    - LL24
    - LL32
    - LL44
    - LL46
- Optional - Ingredients & Recipe to make Lemonade
- Letter cards
- Place stethoscope
- chart paper
- markers, pencils, paper
- Poems
- Manipulatives
- exercise related photos
- Tape
- Construction paper
- Numeral cards
- Jar, objects for jar
- Sculpting cla

Investigation 3

- Mighty Minutes
    - Mighty Minutes 68, “I Have a Secret”

    - Mighty Minutes 48, “Feely Box”
    - Mighty Minutes 70, “The Kids Go Marching In”
    - Mighty Minutes 16, “Nothing, Nothing, Something”
    - Mighty Minutes 76, “Describing Things”
    - Mighty Minutes 79, “Here Is the Beehive”
    - Mighty Minutes 15, “Say It, Show It”
    - Mighty Minutes 95, “Sorting Syllables”
    - Mighty Minutes 17, “Leaping Sounds”
    - Mighty Minutes 08, “Clap the Missing Word”
- Books
    - Rah, Rah, Radishes!
    - Guacamole
- Intentional Teaching Card
    - LL38
    - LL51
    - LL55
    - M35
    - M45
    - M64
    - M74
- Optional - Ingredients & Recipes for Hummus, Pizza, Stir Fry or Five Layer Dip
- Songs written on chart paper
- pictures of fruit and vegetables
- numeral cards
- action cards
- pocket chart
- objects to be categorized

- sorting container
- objects related to exercise
- photos of patterns
- Camera
- paper and writing materials

Investigation 4

- Mighty Minutes
    - Mighty Minutes 30, “Bounce, Bounce, Bounce”
    - Mighty Minutes 11, “What Is My Job?”
    - Mighty Minutes 17, “Leaping Sounds”
    - Mighty Minutes 52, “Walk Around the Shapes”
    - Mighty Minutes 33, “Thumbs Up”
    - Mighty Minutes 72, “My Body Jumps”
    - Mighty Minutes 95, “Sorting Syllables”
    - Mighty Minutes 24, “Dinky Doo”
- Books
    - Bear Feels Sick
    - Max
- Intentional Teaching Card
    - M01
    - M18
    - M59
    - LL27
    - LL45
    - LL53
    - LL61
    - SE01

- Paper, Pencils, Markers
- Hula hoops
- chart paper
- interlocking cubes
- Spinner
- Dice
- bouncy balls
- color paddles
- photos of supplies for a trip
- paper plates, utensils, cups, placemats

Investigation 5

- Mighty Minutes
    - Mighty Minutes 07, “Hippity, Hoppity, How Many?”
    - Mighty Minutes 25, “Freeze”
    - Mighty Minutes 77, “Hello Bingo”
    - Mighty Minutes 91, “Move To The Beat”
    - Mighty Minutes 60, “The Name Dance”
    - Mighty Minutes 81, “Humpty Dumpty”
    - Mighty Minutes 19, “I Spy With My Little Eye”;
    - Mighty Minutes 57, “Find the Letter Sound”;
- Books
    - Bear Feels Sick
    - Max
    - My Steps
    - Soccer Counts/¡El fútbol cuenta!
- Intentional Teaching Card
    - M36

    - M56
    - M78
    - M91
    - LL04
    - LL13
    - LL23
    - LL49
    - LL58
    - P29
    - P07
- Paper
- Crayons
- Markers
- Letter cards
- construction paper
- collage materials
- Glue
- numeral - quantity cards
- environmental print
- book making supplies
- large box
- Plants
- photos of geographic features
- masking tape
- bean bags
- baskets and tubs
- shaving cream

- art smock
- optional - recipe and ingredients for making vegetable soup

Standards

Social and Emotional Development

- 0.1 - 0.1.1, 0.1.3, 0.1.4
- 0.2 - 0.2.2, 0.2.3, 0.2.4
- 0.3 - 0.3.1, 0.3.2
- 0.4 - 0.4.1, 0.4.2, 0.4.3
- 0.5 - 0.5.1, 0.5.2, 0.5.3

Visual and Performing Arts

- 1.1 - 1.1.1 , 1.1.2, 1.1.3, 1.1.5, 1.1.6, 1.1.8
- 1.2 - 1..23, 1.2.
- 1.3 - 1.3.2, 1.3.6
- 1.4 - 1.4.5, 1.4.6

Health, Safety and Physical Education

- 2.3 - 2.3.1, 2.3.3
- 2.4 - 2.4.1, 2.4.2, 2.4.3

English Language Arts

- RL.PK.1
- RL.PK.2
- RL.PK.3
- RL.PK.10
- RI.PK.1
- RI.PK.2
- RI.PK.5

- RI.PK.7
- RI.PK.10
- RF.PK.1.a
- RF.PK.1.b
- RF.PK.1.c
- RF.PK.2.a
- RF.PK.2.c
- RF.PK.3.a
- RF.PK.4
- W.PK.1
- W.PK.2
- W.PK.5
- W.PK.6
- SL.PK.1.a
- SL.PK.1.b
- SL.PK.2
- SL.PK.3
- SL.PK.5
- L.PK.1.a
- L.PK.1.f
- L.PK.2.c
- L.PK.5.a
- L.PK.5.c

Mathematics

- 4.1 - 4.1.1, 4.1.2, 4.1.5, 4.1.6
- 4.4 - 4..4.1, 4.4.3a, 4.4.3b

Science

- 5.1 - 5.1.1, 5.1.2, 5.1.3, 5.1.4, 5.1.5

Social Studies, Family and Life Skills

- 6.2 - 6.2.1, 6.2.3
- 6.3 - 6.3.1

World Language

- 7.1 - 7.1.4

Approaches to Learning

- 9..2 - 9.1.2, 9.2.2
- 9.3 - 9.3.1, 9.1.2

Suggested Strategies for Modifications

This link includes content specific accommodations and modification for all populations:

https://docs.google.com/spreadsheets/d/1fmQ5llgX1HZdIPa7duX33pfmonGDoVFag9eE2DpbLfM/edit?usp=sharing