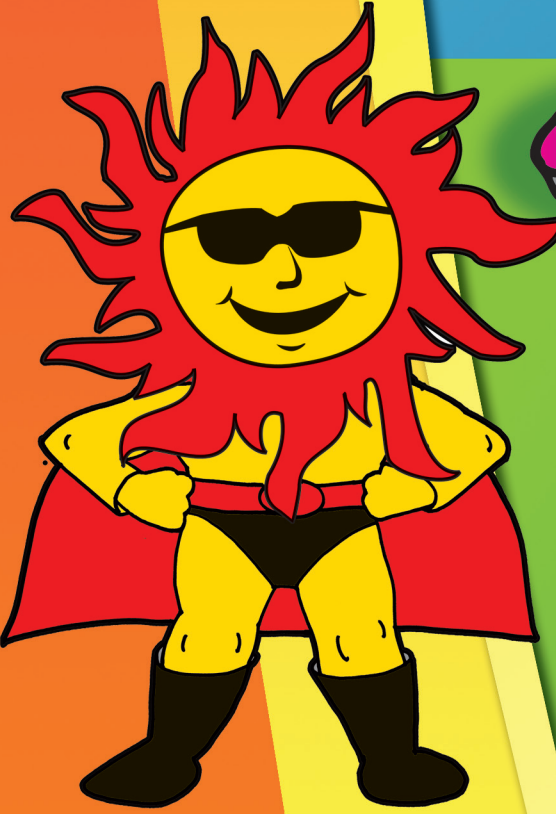


Bienestar / NEEMA

Physical Education Program Teachers Guide



Preschool Physical
Education Curriculum

 University
Health System

Introduction

Bienestar/NEEMA Health Program Preschool Exercise Curriculum Teacher's Guide

1302 S. St. Mary's Street
San Antonio, Texas 78210
(866)676-7472
(210)533-8886
(210)533-4107 (fax)

Find us on the World Wide Web at www.bienestarneema.org

© 2013 Social Health Research Center

Acknowledgements

We acknowledge the Social and Health Research Center staff for their scientific contributions to the Bienestar/NEEMA Preschool Physical Education Curriculum.

And we acknowledge the contribution that children, teachers, and parents had in making the Bienestar/NEEMA Preschool physical activities fun and the illustrations attractive to children in preschool.

Graphic Design / Illustration / Marie Ferrante / www.marieferrante.com

Notice of Rights

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of the publisher. For more information on getting permission for reprints and excerpts, contact the Social & Health Research Center.

Notice of Liability

The information in this book is distributed on an "As is" basis, without warranty. While every precaution has been taken in the preparation of this book, the author shall not have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions in this book.

Printed and bound in the United States of America.
Printed on recycled paper.

ISBN 978-1-936109-43-2

Special Thanks To



Knowledge, Skills and Variation of Physical Development

Knowledge and Skills: Prekindergarten Guidelines-Physical Development (1) Movement Activities and Motor Skills.

Variations: Add your own ideas or ask students before or after the activity what other ideas they could add to the activity.

Editors:

Roberto P. Treviño, M.D.

Social and Health Research Center

Mary D. Shaw, PhD, MCHES

Florida International University

Introduction and Purpose

In recent years, studies have shown that one in seven preschool-aged children are obese. Rates continue to rise as the years go by. Studies indicate that preschool children who are obese tend to experience health problems related to type 2 diabetes, heart disease, and other chronic disease by time they reach adulthood. This epidemic is a growing public health concern in the United States.

The Bienestar/NEEMA Health Program is a bilingual school-based health program that aims to decrease dietary fat, increase dietary fiber intake, increase physical activity levels, and increase fruit and vegetable intake to prevent obesity and type 2 diabetes. The program is researched-based and implements preschool through eighth grade learning activities stemming from a Social Cognitive Theory. The Bienestar/NEEMA Health Program has shown significant impacts on children's healthful beliefs, behaviors, and biological measurements and is the only program in Texas shown to modify the behavioral and biological risk factors associated with diabetes in at-risk children.

The purpose of the Bienestar/NEEMA's Preschool Physical Education Curriculum is to aid physical education facilitators in promoting a variety of age appropriate physical activities to mitigate obesity and other risk factors for type 2 diabetes. Low levels of daily physical activity are a major risk factor for obesity and type 2 diabetes. The manual is user friendly and laid out in a format that is easy to understand and follow. Each lesson in the manual provides the instructor with the following:

Name of Activity

Objective

Equipment

Activity Description

Warm-up and Cool-Down Sessions

TABLE OF CONTENTS

Lesson 1: Late for School	1
Lesson 2: Getting Started with Traveling.....	1
Lesson 3: Balloon Fun	2
Lesson 4: Fruit Basket	2
Lesson 5: Follow the Leader	3
Lesson 6: Egg-xactly Right.....	3
Lesson 7: Snowflake, Snowflake.....	4
Lesson 8: Seesaw.....	4
Lesson 9: Laundry Basket Toss	5
Lesson 10: Jump the River.....	5
Lesson 11: Move to the Music	6
Lesson 12: Shadow Tag.....	6
Lesson 13: Dance and Fall Down	7
Lesson 14: Body Part Awareness.....	7
Lesson 15: Magic Shoes.....	8
Lesson 16: Hot Hoops.....	8
Lesson 17: Over, Under, Around, and Through.....	9
Lesson 18: Jump!.....	9
Lesson 19: Kick Far	10
Lesson 20: High Jump	10
Lesson 21: Shape Shifters	11
Lesson 22: Slug-Bug Tag.....	11
Lesson 23: Fun Walk	12
Lesson 24: Walk the Plank	12
Lesson 25: Bowling	13
Lesson 26: Paper Balls.....	13
Lesson 27: Bubble Chase.....	14
Lesson 28: Move to the Beat	14
Lesson 29: Copy Cat.....	15
Lesson 30: Flexibility Exercise Tag	15
Lesson 31: Hokey Pokey.....	16
Lesson 32: Jungle Game.....	16
Lesson 33: Path Ways.....	17
Lesson 34: Spatial Awareness.....	17
Lesson 35: On Safari	18
Lesson 36: Mulberry Hide and Seek.....	18
Lesson 37: Falling Leaves and Acorn	19
Lesson 38: Toss the Snow Ball.....	19
Lesson 39: Colors and Corners.....	20
Lesson 40: Tin Shoe	20
Lesson 41: Circle of Healthy Foods	21
Lesson 42: Zoo Fun	21
Lesson 43: Letter Walk.....	22
Lesson 44: Bunny Trail	22
Lesson 45: Get Moving.....	23
Lesson 46: Not in my Back Yard.....	23

TABLE OF CONTENTS

Lesson 47: If you're Happy and You Know It.....	24
Lesson 48: Flag Tag	24
Lesson 49: Insects in the Grass	25
Lesson 50: Turkey.....	25
Lesson 51: Valentine Game	26
Lesson 52: Workout Cards	26
Lesson 53: Step Aerobics.....	27
Lesson 54: Drop the Heart.....	27
Lesson 55: Bow Toss.....	28
Lesson 56: Jumping Bean Partners	28
Lesson 57: Simon Says.....	29
Lesson 58: Grocery Relay.....	29
Lesson 59: Sit and Be Fit	30
Lesson 60: Do the Helicopter	30
Lesson 61: Move to the Beat	31
Lesson 62: Balloon Tennis	31
Lesson 63: Static Stretch	32
Lesson 64: The Wave	32
Lesson 65: Peddle Your Bicycle.....	33
Lesson 66: Hoop Jump Tag.....	33
Lesson 67: Full Moon	34
Lesson 68: Statue	34
Lesson 69: Color Shout	35
Lesson 70: The Bounce	35
Lesson 71: Dance Tag.....	36
Lesson 72: Monster Mash Dance	36
Lesson 73: "Who Let the Dogs Out"	37
Lesson 74: Musical Line Movements	37
Lesson 75: Jump Around	38
Lesson 76: Groundhog Day.....	38
Lesson 77: Bean Bag Scavenger Hunt.....	39
Lesson 78: There was an Old Lady who Swallowed a Fly.....	39
Lesson 79: Going Up	40
Lesson 80: Snow Man	40
Lesson 81: Turtle and Rabbit.....	41
Lesson 82: Circus Elephant	41
Lesson 83: Wise Owl	42
Lesson 84: Clean your Room.....	42
Lesson 85: Popcorn	43
Lesson 86: Beach Ball in the Sky.....	43
Lesson 87: Red Light, Green Light.....	44
Lesson 88: Buckets.....	44
Lesson 89: Buddies	45
Lesson 90: Body Parts.....	45
Lesson 91: Alphagetti	46
Lesson 92: Hokey Pokey Balloon.....	46
Lesson 93: It's Snowing!.....	47

Lesson 1

Name of Activity: Late for School!

Objective: Students work on cardiovascular movement.

Equipment: No materials needed.

Warm-Up: Students jog in place for 30 seconds.

Activity: Tell the children to copy all of your movements. Start by pretending you are asleep and suddenly wake up to find out they are late for school! All your movements are done in place but quickly. Wash your face, brush your teeth, brush your hair, put your clothes on, run downstairs, run back up (forgot to put on sweater), run back down stairs, eat breakfast, pick up your bag, open front door, shut the door, run down the street, look both ways, cross the road, and etc.

Finally begin to slow down, pretend to show up at school by panting and puffing then suddenly stop at the closed gates. It's Saturday! To end activity: "Getting Ready for Bed" involves a lot of stretching as they mime removing clothes, brushing teeth, washing face, hugging teddy bear, etc. End the activity by pretending to fall asleep.

Cool-Down/Closure: Have students stretch their bodies by bending over and touching their toes. Then have students reach for the sky to stretch their entire bodies. Remind students a healthy heart is a happy heart.



Lesson 2

Name of Activity: Getting started with Traveling

Objective: Introduce the basic traveling skills of walking, marching, galloping and skipping.

Equipment: Open space, free of any classroom tables and chairs.

Warm-Up: Have students jog in place for 30 seconds and hop in place for 10 seconds.

Activity: Start by asking children to begin walking around the open space. As they walk ask that they stay far away from their friends and do not swing their arms. Continue with other traveling skills such as:

- walking backwards
- walking sideways
- walking zigzag
- jumping forward (both feet)

Cues: - Move arms forward and backward for walking.
- Walk like a duck (have children squat down and walk around).
- Walk like a penguin.

Allow about 45 seconds for children to practice each skill before moving to the next step and then repeat each skill at least 3 times.

Observe the students to ensure they are moving with control and properly performing traveling skills.

Cool-Down/Closure: Have students stretch their bodies by bending over and touch their toes. Then have students pull one arm across their body and stretch it, then do the same to the other arm. Remind students to be active movers for at least 60 minutes a day.



Lesson 71

Name of Activity: Dance Tag

Objective: To get students moving instantly while reviewing learned dance movements and the self-space concept.

Equipment: CD player, cones for boundaries, 3 yarn balls or other tagging objects.

Recommended Music: Bunny Hop and Chicken Dance.

Warm-Up: Have students do 6 jumping jacks and 6 soldier walk kicks.

Activity: Practice the Chicken Dance chorus in their own personal space. Reinforce the levels of movement during this part of the dance.

CHORUS: Begin with hands on a high level for the "Cheep, cheep, cheep". Next, put hands under the arms at the medium level for the "flap, flap, flap". Then "wiggle, wiggle, wiggle" to the low level, and "clap, clap, clap" back to standing position (you can also slap the floor 3 times instead of clap hands).

Cool-Down/Closure: Have students walk around in general space for 45 seconds. Remind students to choose healthy snacks over salty and sweet snacks.



Lesson 72

Name of Activity: Monster Mash Dance

Objective: To help students learn basic locomotor skills with rhythm.

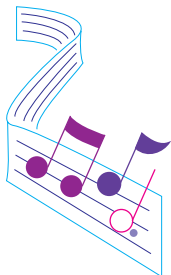
Equipment: Music by Sha Na Na, Monster Mash.

Warm-Up: Have students hop in general space for 20 seconds.

Activity: This lesson idea includes four exercises, two of which are illustrated below (everyone is familiar with the other two - shoulder rolls and arm circles). The cues below help to see where the exercises fit in well with the music.

MONSTER MASH

- Shoulder rolls Start of song
- Jump Twist "He did the mash" (Have students jump and turn)
- Arm Circles "The Zombees"
- Alternate L's "The Sea was rocking" (Have students use their arms to make the "L" Shape)
- Jump Twist "They played the mash"
- Arm Circles "Out from his coffin"
- Jump Twist "It's now the mash"
- Alternate L's "Now everything's cool"



Cool-Down/Closure: Have students do arm circles then sit on the floor and take deep breaths to relax. Remind students it is important to exercise for at least 60 minutes a day.

Lesson 91

Name of Activity: Alphagetti

A B C

Objective: Learn body awareness, balance, and flexibility.

Equipment: None.

Warm-Up: Have students do torso twists and arm circles.

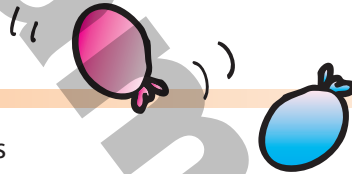
Activity: Pair students up and give each student their own space. The teacher will inform students they are to make the letters of the alphabet either using both partner's bodies. Then teachers can call out "show me how you can use your 2 bodies to make an A. Can you each make a C with your body?"



Cool-Down/Closure: Have students do toe touches and then cross one foot in front of the other and then switch feet. Then have students do slow shoulder shrugs. Remind students that healthy kids are happy kids.

Lesson 92

Name of Activity: Hokey Pokey Balloons



Objective: To reinforce the concept of left and right sides of the body as well as overall body awareness (parts of the body).

Equipment: One large balloon for each student; extra balloons if one of them pops; the song "Hokey Pokey"; other upbeat song; CD/cassette player.

Warm-Up: Have students dance around in general space for 45 seconds.

Activity: Review with students which hand is their "left" and "right". (As a visual aid, the pointer finger and the thumb on the left hand, when held at a 90-degree angle to each other in front of the body, form a capital "L"). It may be very helpful to show students how your right is their left when you are facing them, because it is like looking in a mirror (this will help when they perform the "Hokey Pokey"). Explain to students they will be using different body parts to strike the balloon. After students get a balloon and are in personal space, call out challenges such as:

- *Show me how you strike the balloon with your (left) hand.
- *Let's see who can strike the balloon with your (right) foot.
 - *Strike the balloon upward with your head!
 - *Can you use your behind to strike the balloon?
 - *Strike the balloon with your (right) elbow.
 - *Strike the balloon with your (left) shoulder.

Once this is completed by touching upon all areas of the body, have the students put their balloons away and make a circle and then dance the "Hokey Pokey"!

Cool-Down/Closure: Have students walk around the classroom twice. Remind students of the importance of staying hydrated.



Bienestar / NEEMA

Physical Education Program

Teachers Guide

