

# How Does Exercise Impact Your Health?



**Theme:** Exercise

**Curriculum Area:** Physical Education

**Activity:** This Activity will be fun, educational, and healthy. You will be going outside and completing a series of exercise to help you stay active. Now let's start the activity!

**Age of Children:** 4 – 5 Year olds & Kindergarten

**Materials Needed:**

- Appropriate clothes for exercise.
- Water to keep hydrated.
- A timer to time yourself while completing these exercises.

**Developmental Objectives/Domains:** By participating in this activity, children will:

1. Develop a motivation to stay physically active.
2. Understand why staying physically active is important and healthy.
3. Enhance their ability to participate in physical activity and exercise properly

**Procedure:**

1. First you will want to get dressed in appropriate clothes for exercise.

2. Now, grab your water bottle and timer and go outside in a fairly open spot where you can complete your exercises.
3. The first set of exercises will be Jumps:
  - 5 high jumps (jump as high as you can!)
  - 5 Distance jumps (jump as far as you can!)
4. For the next exercise, set your timer for 20 seconds and do as many jumping jacks as you can in that time. Repeat that for 3 rounds.
5. Lastly, set your timer for 1 minute and jog in place for 1 minute straight.
6. You are done! Go inside, rest, and stay hydrated!

**References:** <https://www.cpp.edu/cce/covid-19-resources/files/submission-template-cppkares.pdf>