



GARDEN-BASED HEALTH & WELLNESS CURRICULUM

FOR 3RD – 5TH GRADE



Lesson #4



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limiting screen time & daily fitness

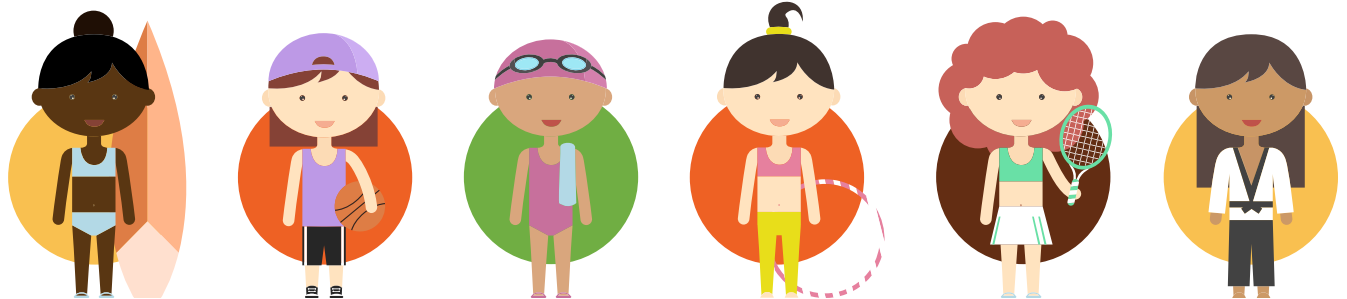
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MATERIALS

- Student copies of 60 minute fitness plan grid
- Pencils
- Scratch paper
- Teacher materials:
 - » Sample 60 minute fitness grid
 - » Note cards or sticky notes



CONTENT STANDARDS

MATH

MA 4.3.3.b Identify and use the appropriate tools, operations, and units of measurement, both customary and metric, to solve real-world problems involving time, length, weight, mass, capacity, and volume.

ELA

LA 4.1.5 Vocabulary: students will build and use conversational, academic, and content-specific grade-level vocabulary.

LA 4.2.1.c Gather and use relevant information and evidence from multiple authoritative print and/or digital sources to support claims or theses.

LESSON

Objective

- Students will use a chart and show elapsed time to calculate 60 minutes of daily fitness activity

A+

- How many televisions, game consoles, computers, or tablets are in your home?
- How many minutes of screen time do kids spend every day? (4-6 hours!!!)

Vocabulary

- Screen time – any time spent using a device such as a TV/game console/computer/tablet
- Physical exercise – any bodily activity that enhances or maintains physical fitness and overall health and wellness

Modeled

Teacher: it is important to make time for physical exercise every day. We can make time to exercise by playing sports, walking, or riding a bike. Every day activities such as gardening, mowing the lawn, or vacuuming also provide a small workout. Physical exercise has many health benefits: it strengthens your heart and lungs, helps control weight, strengthens bones and muscles, increases energy levels, and even helps us feel better emotionally.

Shared

Exercise Charades: The students will make a list of ways they can exercise; the teacher will write ideas on note cards or paper strips to use for charades.

The students will use charades to act out different fitness activities. The student who guesses correctly takes the next turn to act out.



Guided

Dictionary Dynamos: The teacher will label areas of the room with dictionary letter headings: A-G/H-M/N-S/T-Z

Students will each get one charade card, and hop on two feet to the dictionary heading that matches their card. Once all students are in their group, students will work together to arrange themselves in alphabetical order. Mix and redistribute cards to play subsequent rounds.

Independent

The students will create a schedule that shows where they can plan 60 minutes of exercise in their daily lives; the teacher will provide a model and provide guided support as necessary to provide differentiation.

Summary

The students will use stand up-hand up-pair up to share independent activity, share whole group. Teacher: after hearing your classmates' schedules, would you make any changes to your own?

Home Challenge

Try out your 60 minute plan for a week, track how well you stick to it.

TRAIL MIX

Ingredients

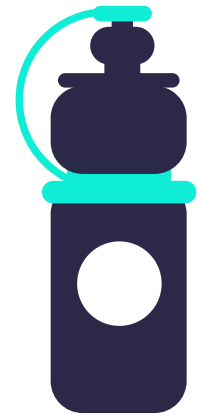
2 cups cheerios or chex	1 cup dried cranberries or raisins
1 cup pumpkin seeds (shelled)	1 cup chocolate chips
1 cup sunflower seeds (shelled)	2 cups popped popcorn

Instructions

Mix all ingredients and serve

MODEL SCHEDULE FOR INDEPENDENT ACTIVITY

	ACTIVITY	TIME	ELAPSED TIME
MORNING	Walk to school	8:15-8:30 am	15 minutes
DAYTIME	Recess	2:00-2:15 pm	15 minutes
AFTERNOON	Walk home from school	4:05-4:20 pm	15 minutes
EVENING	Gardening	6:00-6:15 pm	15 minutes



ABOUT THIS RESOURCE

This Garden-Based Health and Wellness curriculum and video series was funded by a grant from the Futuro Latino Fund, a grant program of the Omaha Community Foundation. Curriculum was designed by Octavia Butler, Gomez Heritage Elementary School. Accompanying videos created by Torchwerks. Graphics courtesy of freepik.com. Special thanks to Albert Varas, City Sprouts Board President, for his leadership on this project. For additional information, contact City Sprouts at info@omahasprouts.org.

This curriculum and accompanying videos are available at omahasprouts.org/learn.

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Our mission is to sustain communities through gardening.



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