

# **Lesson Plan: "Let's Move: Why Exercise is Important"**

**Age Group:** 5 years and up

**Duration:** 30-40 minutes

---

## **Objective:**

By the end of this lesson, students will understand why exercise is important for their bodies, hearts, and minds, and will be encouraged to participate in physical activities.

---

## **Materials Needed:**

- Video Tutorial by DiscoverlifeSkills.com: "Let's Move: Why Exercise is Important!"
  - Whiteboard and markers
  - Space for movement (e.g., gym, outdoor area, or classroom space cleared for physical activity)
  - Colored paper or chart for exercise log (optional)
- 

## **Introduction (5 minutes):**

### **1. Greeting & Warm-up Discussion:**

- Teacher welcomes students and asks them how they feel after they run or play (e.g., "How do you feel when you run around the playground?").
- Encourage responses related to energy, happiness, or feeling tired.

### **2. Introduce the Topic:**

- "Today, we are going to learn why moving our bodies is important and how it can help us feel strong, healthy, and happy."
- 

## **Main Activity (15 minutes):**

### *1. Watch the Video (5 minutes):*

- Play the video tutorial "Let's Move: Why Exercise is Important!"
- Before starting, tell the students to pay attention to the four reasons why exercise is good for us.

### *2. Discussion after the Video (5 minutes):*

- Ask students the following questions to recap:
  - "What are some things exercise can do for our muscles?" (Make them strong)
  - "How does exercise help our hearts?" (Keeps them healthy by pumping blood)
  - "What do our brains release when we exercise?" (Endorphins that make us feel happy)
  - "What does exercise help us do at night?" (Helps us sleep better)

### **Key Points to Reinforce:**

- Muscles get stronger when we move.
  - Exercise helps our hearts pump blood and stay healthy.
  - Moving our bodies makes us feel good inside.
  - Being active during the day helps us sleep better at night.
- 

### **Physical Activity (10 minutes):**

#### *1. "Superpower Boost" Exercise Game:*

- Explain that they are going to pretend their bodies are getting a "superpower boost" when they exercise, just like in the video.

### **Activity Sequence:**

- **Warm-Up (2 minutes):** March in place and stretch arms and legs.

- **Running/Jumping (3 minutes):** Let the students run in place or around the room, jump up high, and pretend they are superheroes moving through a city.
  - **Freeze Dance (3 minutes):** Play some music and have them dance. When the music stops, they freeze in a superhero pose.
  - **Cool-Down (2 minutes):** Stretching exercises, and ask the students to take deep breaths in and out, feeling their hearts.
- 

## **Reflection and Wrap-up (5 minutes):**

### *1. Group Discussion:*

- Ask how they felt while they were moving.
- "Do you feel strong and happy after moving like superheroes?"

### *2. Closing Activity:*

- Create a simple class "Exercise Chart."
  - Give students a goal to do one fun exercise every day and track it for a week. They can draw a star or a smiley face each day they move.
- 

## **Extension Ideas:**

- **Creative Drawing:** Ask students to draw themselves as superheroes doing their favorite exercise (running, jumping, swimming, etc.).
  - **Family Connection:** Encourage students to teach a family member about why exercise is important and share their favorite exercise at home.
-

This lesson combines video learning, physical activity, and reflection, helping students understand the importance of exercise in a fun and interactive way.