



A Journal of Movement

Activity Synopsis

After a discussion about activities they do when they are not at school, students talk about what it means to be physically active. They illustrate a physical activity they do outside of school for two days and write a sentence about it.

Activity Outcomes:

- Describe what it means to be physically active.
- Identify activities in a list that require physical activity.
- Illustrate and write a sentence about a physical activity they do on two different days

What You Need:

- "My Journal of Movement" -one per student; see handout below.
- Chalkboard
- Chalk

What You Do

1. Open with a discussion about what children do when they're not at school. Ask:

- What do you do when you are not at school?
- What do you do on weekends?
- What activities do you do with your family?

Write responses on the board.

2. Talk about what it means to be physically active. Explain that it's using muscles to move your body - for example, running, skipping, bending, stretching, jumping, hopping, etc.

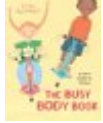
3. Have children reach for the ceiling, touch their toes or do another movement that works for your classroom space.

4. When children are done, go through the list on the board (from Step 1) and have children decide if they use muscles to move their bodies doing each activity listed.

5. Distribute "My Journal of Movement." For two days, have children illustrate one thing they did that was physically active when they were not at school. They should also write a sentence about their picture.

6. Have a few children share their journals with the rest of the class. Display completed journals in the classroom, hallways or cafeteria.

Related Books



The Busy Body Book

by Lizzie Rockwell

Crown Books for Young Readers, 2004



Frog Legs: A Picture Book of Action Verse

by George Shannon and Amit Trynan (Illustrator)

Greenwillow Books, 2000

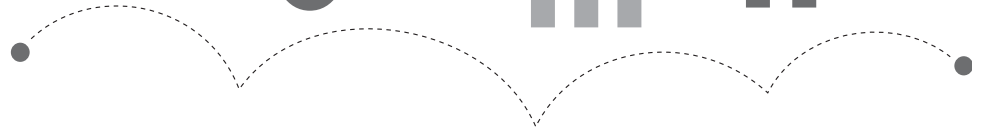


Come Out and Play

by Maya Ajmera and John D. Ivanko

Charlesbridge Publishing, 2001

my journal of **movement**



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