

HOW'S YOUR HEALTH

GRADES: K-6

FORMATION: Standing in their own personal space

EQUIPMENT: Six stations with health cards placed on each

LEARNING OUTCOMES: HEALTH: Be able to understand good and bad health practices

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

The teacher divides the class into groups of 4. Six stations are set up around the class. Each station would have an activity associated with it. When the teacher says go, students go to a station and try to answer the question contained on the health card. For example, "what does an apple a day keeps the doctor away mean?" It is hoped that the student response would be directed toward the idea that apples are healthy (free of fat) and thus would be a positive attribute to one's health. The teacher would ask each group to read the question at each station and verbally express their response. Upon completion of each round of questions, all groups would complete a movement activity for 1 minute before moving on to a new station