

Week of:

Teacher:

Study: Exercise

Exploring the Topic: What do we know about exercise? What do we want to find out?

	Monday	Tuesday	Wednesday	Thursday	Friday
Interest Areas	Library: fiction and nonfiction books about exercise; a collection of images of people exercising in different way	Music and Movement: collection of images of people exercising in different ways	Music and Movement: collection of images of people exercising in different ways	Discovery: collection of sports balls	Library: fiction and nonfiction books about exercise
Question of the Day	Do you like to move your body?	Which exercise do you like best? (Provide three picture choices, e.g., run, swim, dance.)	What sport can we play with this? (basketball, tennis ball, baseball, etc.)	What sport can we play with this? (basketball, football, golf ball, etc.)	What do you want to know about exercise?
Large Group	Movement: Counting Calisthenics Discussion and Shared Writing: Exercising	Game: 1, 2, 3, What Do I See? Discussion and Shared Writing: What Different Kinds of Exercise Are There?	Movement: Are You Ready? Discussion and Shared Writing: Where Do People Exercise?	Movement: Move to the Beat Discussion and Shared Writing: What Do We Know About Exercise?	Movement: Freeze Discussion and Shared Writing: What Do We Want to Find Out About Exercise?
Read-Aloud	<i>The Happiest Tree: A Yoga Story</i>	<i>We All Went on Safari</i>	<i>The Happiest Tree: A Yoga Story</i>	<i>We All Went on Safari</i>	<i>The Happiest Tree: A Yoga Story</i>
Small Group	Option 1: Rhyming Riddles Option 2: Same Sound Sort	Option 1: Huff & Puff Option 2: Lining It Up	Option 1: Making My Name Option 2: Knowing Our Friends	Option 1: Sorting & Classifying Option 2: Show Me Five	Option 1: Exploring Pathways Option 2: Obstacle Course
Outdoor Experiences: Exercise Equipment in the Outdoor Area; Swing & Jump Rope; Jump the River					

Family Partnerships: We would like to invite family members to contribute photos of family members exercising. We will encourage the children to interview a family member about their favorite types of exercise. Also, we'd like to invite a family member or another community member to visit the class next Thursday to share information about an exercise he/she likes. Please let us know if you are interested in joining us.

Wow! Experiences: None.

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Investigation: 1. What are different kinds of exercise?

	Monday	Tuesday	Wednesday	Thursday	Friday
Interest Areas	Dramatic Play: new pieces of exercise equipment (e.g., balls, hula hoops, resistance bands)	Art: magazines with pictures of people exercising; scissors; glue	Toys and Games: Twister® games; beanbag game	Dramatic Play: collection of exercise equipment, clothing, and shoes; examples of exercise journals; masking tape for fitness stations	Discovery: a variety of empty and clean plastic water bottles with lids; scale; markers; tape; sand; scoops; funnels
Question of the Day	What can we do with this? (Show a paper towel roll.)	What types of exercise will we see on our site visit?	How can you exercise with this? (Display a hula hoop or other piece of exercise equipment.)	Do you have a question for our visitor? (Provide sticky notes to record questions.)	Which of these exercises do you like to do with a partner? (Show pictures of people dancing, running, lifting weights, etc.)
Large Group	Song: “Paper Towel Rap” Discussion and Shared Writing: Moving Our Bodies From Place to Place	Song: “Hi-Ho, the Derry-O” Discussion and Shared Writing: Site Visit	Movement: Let’s Pretend Discussion and Shared Writing: Fitness Stations	Movement: Listening Story Discussion and Shared Writing: Exercise Visitor	Movement: Let’s Stick Together Discussion and Shared Writing: Exercise Charts
Read-Aloud	<i>Soccer Counts;/El fútbol cuenta!</i>	<i>Bear on a Bike</i>	<i>Soccer Counts;/El fútbol cuenta!</i>	<i>Bear on a Bike</i>	<i>Soccer Counts;/El fútbol cuenta!</i>
Small Group	Option 1: Tallying	Option 1: Stick Letters	Option 1: My Shadow and I	Option 1: Bookmaking	Option 1: Graphing

	Option 2: Nursery Rhyme Count	Option 2: What Was for Breakfast?	Option 2: Putting Puzzles Together	Option 2: Digital Exercise Journal	Option 2: Which Has More?
Outdoor Experiences: Various Types of Exercise; Hopping; Body Part Balance					
Family Partnerships: Please teach your children this week about the types of exercise you enjoy.					
Wow! Experiences: Tuesday: Site visit where children can see others exercising. Thursday: Classroom visitor who shares information about an exercise he/she likes.					

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Investigation: 2. How do our bodies work when we exercise?

	Monday	Tuesday	Wednesday	Thursday	Friday
Interest Areas	Computer: websites that show how body parts work during exercise	Discovery: X-rays, pictures, or models of human bones	Dramatic Play: doctor's office props (e.g., stethoscope, X-ray images, appointment book, scales)	Music and Movement: mirror Computer: video clips of simple exercises performed by fitness experts	Dramatic Play: doctor's office props (e.g., stethoscope, X-ray images, appointment book, scales)
Question of the Day	What can you do with this part of your body? (Display a photo of a knee, an elbow, a shoulder, etc.)	Are all muscles strong?	What do you think this tool is used for? (Show an image of or display an actual stethoscope.)	How many (arm circles, jumping jacks, lunges, etc.) can you do in 10 seconds? (Provide a stopwatch.)	What happens to your heart when you exercise? (Provide the choices "Beats fast" or "Beats slowly.")
Large Group	Song: "Spatial Patterns" Discussion and Shared Writing: What Parts of Our Bodies Work Harder When We Exercise?	Game: Nothing, Nothing, Something Discussion and Shared Writing: Our Muscles, Joints, and Bones	Movement: Name Cheer Discussion and Shared Writing: Our Hearts	Song: "Two Plump Armadillos" Discussion and Shared Writing: Exercises to Help Our Bones and Joints	Movement: Let's All Follow Discussion and Shared Writing: Disappearing Rhymes
Read-Aloud	<i>JoJo's Flying Side Kick</i>	<i>Hop, Hop, Jump!</i>	<i>JoJo's Flying Side Kick</i>	<i>Hop, Hop, Jump!</i>	<i>JoJo's Flying Side Kick</i>
Small Group	Option 1: Rhyming Chart	Option 1: Story Problems	Option 1: Storyboard	Option 1: Nursery Rhyme Count	Option 1: Describing Art

	Option 2: Rhyming Tubs	Option 2: Secret Numbers	Option 2: Lemonade	Option 2: Guessing Jar	Option 2: Describing Art
Outdoor Experiences: Exercise Equipment in the Outdoor Area; Stop & Go					
Family Partnerships: We would like to invite you to visit our class and exercise with the children.					
Wow! Experiences: None.					

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Investigation: 3.What do our bodies need in order to move and exercise?

	Monday	Tuesday	Wednesday	Thursday	Friday
Interest Areas	Dramatic Play: pretend healthy foods, food preparation supplies	Sand and Water: water wheel, other water toys	Music and Movement: pictures of yoga positions	Art: collage materials	Dramatic Play: cookbooks or cooking magazines
Question of the Day	How is this used? (Display a photo or an example of a battery.)	Have you eaten this before? (e.g., avocado, snow pea, papaya)	How many cups of water do you drink each day? (Provide sticky notes to write answers.)	Have you ever eaten this food? (e.g., unusual fruit or vegetable such as starfruit, bean sprouts, papaya)	What is your favorite fruit? (Include sticky notes for children to write or draw their responses.)
Large Group	Song: “Clap the Missing Word” Discussion and Shared Writing: Energy for Exercise	Movement: Leaping Sounds Discussion and Shared Writing: Perspiration	Game: Sorting Syllables Discussion and Shared Writing: The Colors We Eat	Game: Say It, Show It Discussion and Shared Writing: Interviewing an Expert	Movement: Here Is the Beehive Discussion and Shared Writing: Healthy and Strong
Read-Aloud	<i>Rah, Rah, Radishes!</i>	<i>Guacamole</i>	<i>Rah, Rah, Radishes!</i>	<i>Guacamole</i>	<i>Rah, Rah, Radishes!</i>
Small Group	Option 1: Hummus Option 2: Pizza	Option 1: Five-Layer Dip Option 2: Vegetable Stir Fry	Option 1: Action Patterns Option 2: Action Patterns	Option 1: Seek & Find Option 2: Sorting & Classifying	Option 1: Action Patterns Option 2: Picture Patterns

Outdoor Experiences: Ways to Travel

Family Partnerships: We encourage you to talk with your children about food labels and healthy food choices. We invite you to join the class on next week's site visit on Wednesday.

Wow! Experiences: Thursday: Classroom visitor who will talk about nutrition or exercise

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Investigation: 4. What jobs are related to exercise? (Monday-Thursday)
5. How do people stay safe when they exercise? (Friday)

	Monday	Tuesday	Wednesday	Thursday	Friday
Interest Areas	Library: images and books about people whose work involves exercise	Dramatic Play: equipment used in jobs related to exercise (whistle, stopwatch, foam rollers, calendar, appointment book, etc.)	Library: images and books that show shoes worn in various sports, etc.	Discovery: a mirror and a collection of sports footwear	Dramatic Play: collection of exercise safety equipment
Question of the Day	Which of these jobs involves exercise? (Provide pictures of various jobs familiar to children, e.g., coach, office worker)	Which of these is best for exercising? (Show images of a variety of shoes, e.g., sneakers, boots, dress shoes, slippers.)	What questions do you want to ask during our site visit today?	Do you know what sport these are used for? (Show pictures of one of the types of footwear in the Discovery area.)	What is this for? (Show images or examples of a bike helmet or knee pads.)
Large Group	Song: "Dinky Doo" Discussion and Shared Writing: Reading About Exercise	Movement: Sorting Syllables Discussion and Shared Writing: Visitor	Game: Movement: My Body Jumps Discussion and Shared Writing: Site Visit	Game: Thumbs Up Discussion and Shared Writing: What We Learned on Our Site Visit	Game: Find the Letter Sound Discussion and Shared Writing: Safety Equipment
Read-Aloud	<i>Bear Feels Sick</i>	<i>Max</i>	<i>Bear Feels Sick</i>	<i>Max</i>	<i>Bear Feels Sick</i>
Small Group	Option 1: Writing Poems Option 2: Color Hunt	Option 1: More or Fewer Towers Option 2: Bounce & Count	Option 1: We're Going on a Trip Option 2: Writing Poems	Option 1: More or Fewer Towers Option 2: Dinnertime	Option 1: Math Collage Option 2: Vegetable Soup

Outdoor Experiences: Body Shapes & Sizes; Helping Each Other Exercise

Family Partnerships: We invite you to join the class on our site visit on Wednesday. Also, please join our class for the end-of-study celebration next Friday.

Wow! Experiences: Tuesday: Class Visitor

Wednesday: Site visit to learn about jobs related to exercise

Friday: Take a walk around the building and think about the safety rules we can follow when we play and exercise outside

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Investigation: 5. How do people stay safe when they exercise? (Monday–Wednesday)
Celebrating Learning (Thursday–Friday)

	Monday	Tuesday	Wednesday	Thursday	Friday
Interest Areas	Library: bookmaking materials, magazines	Dramatic Play: first-aid materials	Library: images of people exercising using safety equipment	All: displays of children’s investigations	All: displays of children’s investigations
Question of the Day	What is this for? (Show images or examples of exercise safety equipment such as knee pads, shin guards, or a mouth guard.)	What number should you call in an emergency?	Do you think we will find safety hazards on our walk around school?	What exercises would you like to do with our guests?	What is your favorite exercise?
Large Group	Game: I Spy With My Little Eye Discussion and Shared Writing: Staying Safe While Exercising	Poem: “Humpty Dumpty” Discussion and Shared Writing: First Aid	Movement: Name Dance Discussion and Shared Writing: Safety Inspectors	Song: “Oh, Dear! What Can the Matter Be?” Discussion and Shared Writing: Planning the Celebration	Movement: Counting Calisthenics Discussion and Shared Writing: Sharing With Families
Read-Aloud	<i>Max</i>	<i>My Steps</i>	<i>Soccer Counts/¡El fútbol cuenta!</i>	<i>My Steps</i>	<i>My Steps</i>
Small Group	Option 1: Playing With Environmental Print Option 2: Using Cyclists’ Hand Signals for Safety	Option 1: We’re Going on an Adventure Option 2: Where’s the Beanbag?	Option 1: Shaving Cream Letters Option 2: Our Super Duper Writing Box	Option 1: Putting Puzzles Together Option 2: Can You Find It?	Option 1: Fruit Salad Option 2: Fruit Smoothie
Outdoor Experiences: Bounce & Catch; Balloon Catch					

Family Partnerships: We encourage you to talk with your children about how to stay safe while exercising and think of ways to exercise together as a family. Please join our class for the end-of-study celebration on Friday!

Wow! Experiences: Friday: Exercise celebration