

Relay Race for Exercise

Subject: Physical Health for Preschoolers

Ages: 2–5

Objective: To gain an understanding about the importance of regular physical activity.

Materials: Classroom of students, Baton, Timer, Chalk

Procedures:

1. Form a circle on the rug and hold a discussion about the importance of regular physical activity.
2. Ask the students to share some of the ways in which they get exercise on a daily basis.
3. Inform them that it is important to get at least 30 minutes of exercise a day in order to keep their heart and lungs healthy.
4. Explain to the students that they will have a practice exercise drill, in which they will work as a team to complete the relay race.
5. Separate the students into even groups and head outside into an open space. (A track would be optimal, but any open space will do.)
6. Use chalk to mark 4 even points: a beginning, two middle points, and end point/finish on the track. Place one student at the beginning, one at the middle mark, and one to run the last stretch.
7. Give each of the starters a baton, in which they are to hand off to the next teammate when they are reached. The baton is transferred from student to student until the last one reaches the end-point. (The students must remain on their marker until the baton reaches them, if they move off of it, they will be disqualified)
8. The teacher will start the timer when the race begins and mark down the finishing times of each team.
9. A winning team will be determined.

DISCLAIMER: The lesson plans and information therein are for general information only.

For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.



Extensions: For older students. (Should be able to count to 50 or above)

They can be instructed to find their pulse on their wrists at the end of the race. The teacher can ask them to count the number of beats in one minute and set a timer. The students can write down or share this number. A simple explanation of average beats/min at rest and after exercise can be given for comparison.

Find Your Pulse

What is your pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Your pulse is lower when you are at rest and increases when you exercise. Each person's heart rate is variable.

How to take your pulse?

1. Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe.
2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You might need to move your fingers around slightly up or down until you feel the pulsing. (The teacher can help the students place their fingers on the correct spot)
3. Use a watch with a second hand, or look at a clock with a second hand.
4. Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate (pulse) per minute. (Teacher can help with the multiplication after the recordings are taken)

(Note: This may seem complicated for the children but getting the exact heart rate is not the point here. The idea is that the children make a connection to how exercise can benefit their bodies/heart and how their bodies work.)

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