

Supplemental Activity Sheets

Open Your Eyes to Exercise



This packet contains classroom activity suggestions and worksheets to reinforce concepts from the Playbook® story and to go beyond the story into the content areas of Language Arts, Math, Science, Social Studies, Art, Health, etc., as well as Character Development.

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Name _____

Exercise is Play



Directions: Jumping, running, and moving around is a lot of fun, and it is also exercise! As you learned in the story, exercise makes you feel good and is healthy for your body.

You probably like to be active on the playground. In the box below, draw a picture showing a game you like to play or an activity you like to do that is also good for your body!

A large, empty rectangular box with a black border, intended for the student to draw a picture of a game or activity they like to do.

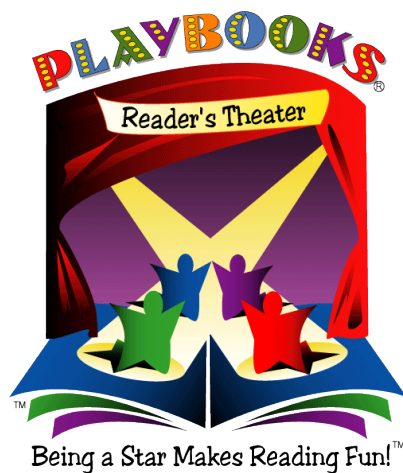
Your Body Needs You

To be strong and healthy, you need to exercise all of the parts of your body, like arms, legs, back, and stomach. The exercises you learned in the story each exercise certain parts of your body. Feeling your muscles working when you do the exercise can help you know which body parts you are using.

Look at the pictures below and tell which body parts are made stronger when doing the exercise by circling them on the picture of the person running.

The image contains five rows of illustrations. Each row shows a cartoon character performing a specific exercise, followed by a horizontal arrow pointing to a silhouette of a person running. Below each silhouette is a blank space for marking. Row 1: Three boys with their hands on their heads. Row 2: Two girls with their arms and hands moving in various directions. Row 3: Two boys with their hands on their hips. Row 4: One boy with his arms and hands moving. Row 5: One girl with a red ball and arrows pointing to her feet.

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