



Years 1/2/3
30-40 mins

TEACHER

Dice Rolling

Exercise game



Health

WHAT YOU NEED

Dice template. Scissors. Glue.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	✓
Managing self	✓
Relating to others	✓
Participating and contributing	✓

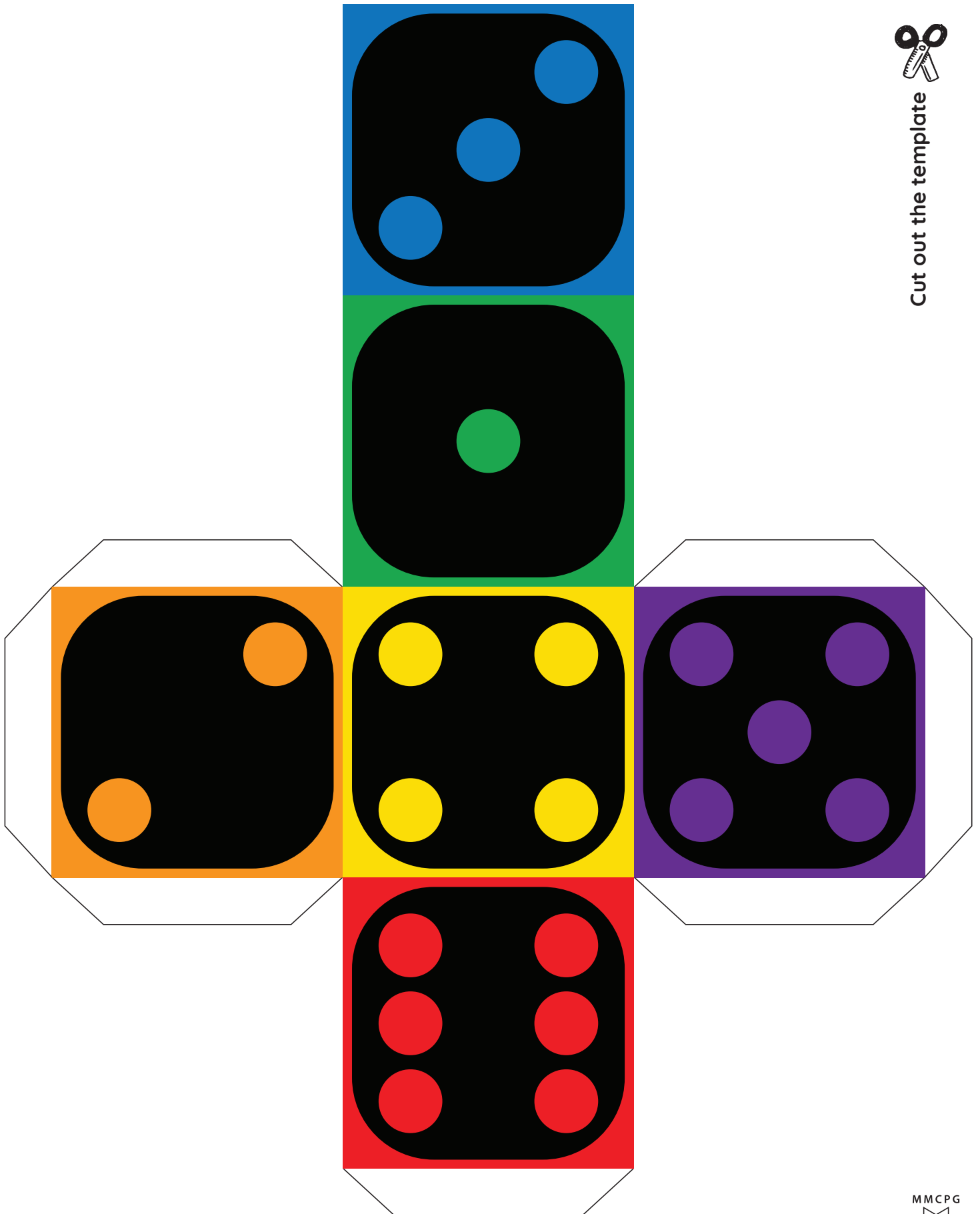
VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓

INSTRUCTIONS

1. Prepare the items listed above. For younger children, prepare the templates by cutting them out.
2. Fold the dice template, then add glue to the flaps and assemble it.
3. Leave to dry until ready.
4. Cut out the cards and shuffle them.
3. Roll the dice and complete the activity that corresponds to that number.





Cut out the template



Cut out the cards




ROLL 1



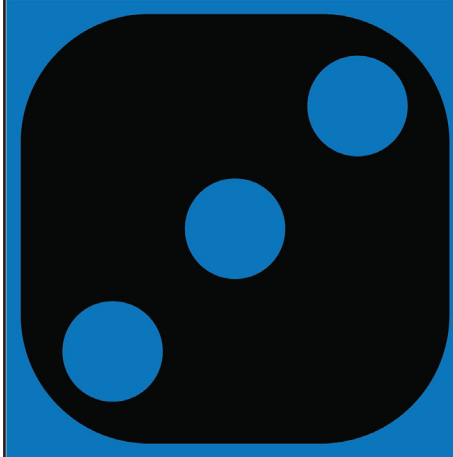
Perform the silliest dance you can think of.

ROLL 2



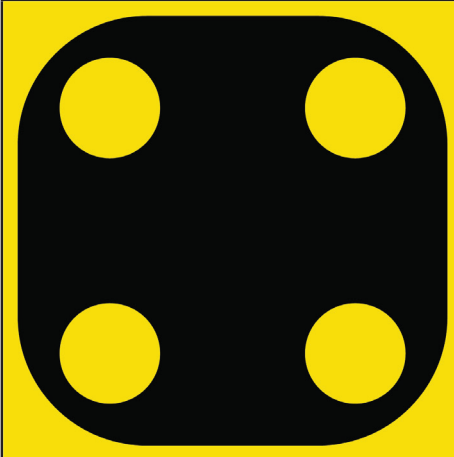
Lie on on your back and peddle your legs in the air, like you are on a bike.

ROLL 3



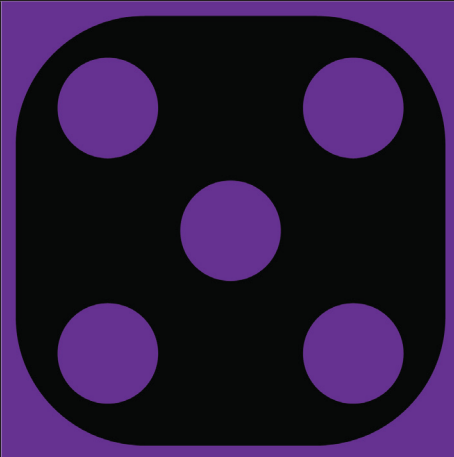
Stand on one leg like a flamingo and hold the other leg behind your back for 10 seconds.

ROLL 4



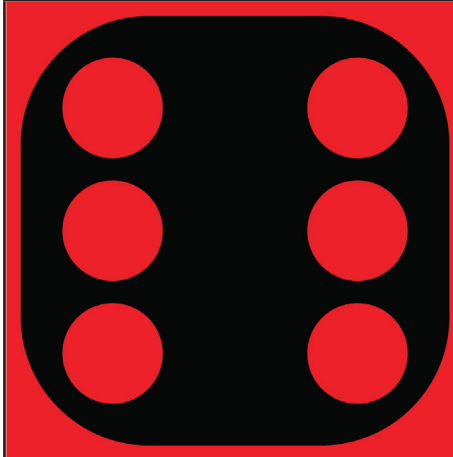
Spin in a circle like a ballerina 5 times without falling over.

ROLL 5



Pretend you are in the snow. Lie on the ground and make 10 snow angels.

ROLL 6



Pretend you are a cheerleader. Use your body to form and cheer the letters in your name.



Years 1/2
20-30mins

TEACHER

What is exercise?



Health

WHAT YOU NEED

Worksheet. This can be printed in colour or black and white. Print enough for one per child.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	✓
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓

INSTRUCTIONS

- Provide each child with a printed worksheet and pencil.
- Explain why it is important to exercise:**
 - Exercise is good for your heart.** It helps your heart pump blood all through your body. Your heart is always beating, so it needs to be strong - exercise makes your heart stronger.
 - Exercise can make you feel good.** When you exercise, your body makes a chemical (called an endorphin) that can make you feel good.
 - Exercise helps you to learn better.** It helps you to pay attention and to remember things.
- Explain what exercise is:**
 - Exercise is any activity where your body is moving. You can get exercise through a lot of fun activities, like playing soccer in the backyard, skateboarding with friends, or even dancing to your favourite song! To be healthy, you need to do some kind of exercise everyday.
- Ask children to circle the pictures that show children doing exercise.
- Discuss the choices as a class.





Draw a circle around the people that are doing exercise.





Years 2/3
20-30mins

TEACHER

What is exercise?



Health

WHAT YOU NEED

Worksheet. This can be printed in colour or black and white. Print enough for one per child.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	✓
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓
























INSTRUCTIONS

- Provide each child with a printed worksheet and pencil.
 - Explain why it is important to exercise:**
 - Exercise is good for your heart.** It helps your heart pump blood all through your body. Your heart is always beating, so it needs to be strong - exercise makes your heart stronger.
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 - Exercise helps you to learn better.** It helps you to pay attention and to remember things.
 - Explain what exercise is:**
 - Exercise is any activity where your body is moving. You can get exercise through a lot of fun activities, like playing soccer in the backyard, skateboarding with friends, or even dancing to your favourite song! To be healthy, you need to do some kind of exercise everyday.
 - Ask children to tick the pictures that show children doing exercise.
 - Discuss the choices as a class.
- The **Exercise Record** should be completed over the course of a week. Encourage children to record any type of activity, such as walking to school, walking the dog, playing a team sport, playing on the playground at lunchtime etc. This can be completed using words or pictures, depending on the ability of the child.





Tick the pictures where the person is doing exercise.

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>



My Exercise Record

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Years 1/2/3
30-40 mins

TEACHER

Molly Says Game



Health

WHAT YOU NEED

Suggested Command List

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	✓
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓

INSTRUCTIONS

1. Before you begin the game, you need to choose who your 'Molly' will be. The person playing Molly is in charge of giving commands to the other players.
2. The person playing Molly gives commands, and the other players must follow the commands, or they are out of the game.
3. Part of the learning during the game is listening carefully and only following the commands that begin with Molly Says. If they follow the command but he/she hasn't said 'Molly Says', they are out of the game.
The winner is the last person standing. That person is also the next Molly. Sometimes, a Molly can end up tricking every player, so no one ends up winning. If that's the case, the current Molly keeps being the Molly, until there is another winner to take his/her place.





Molly will instruct the class to follow these commands:

Flap like a chicken	Turn like a ballerina	Hop like a frog
Hop on one leg	Clap your hands	Wiggle your bottom
Waddle like a penguin	Wiggle your fingers	Run on the spot
Freeze	Do a silly dance	Act like a monkey
Balance on one leg	Pounce like a cat	Stamp your feet
Hands on your head	Move like a robot	Hug yourself
Walk like a crab	Punch the air	Sit down and get up
Shake like jelly	Roll on the floor	Pretend to brush your hair
Touch your toes	Blow a kiss	Nod your head
Rub your tummy	Pretend to climb a ladder	Pretend to lift something
Pretend to sit in a chair	Wave your hands	



Years 1/2/3
30-40 mins

TEACHER

Bingo dancing



WHAT YOU NEED

Enough bingo sheets (1/2 years or 2/3 years) for one per player. Counters. Music to be played in the background.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓

INSTRUCTIONS

- Hand out one bingo sheet per player and chips. Ideally, your chips would be counters but these can be replaced by almost anything that is uniform in shape. Make sure there is enough, so that if any player runs out of chips, they can ask for more.
- Randomly call out a dance movement from the sheet. Children will place a counter over the top of each square, as they complete each movement. You may need to demonstrate some of the moves first.
- Repeat this until all movements have been called out.
- For older children:** The movements required on this bingo sheet are harder to do, meaning that some children will be unsuccessful, adding a competitive element. You may want to turn this into a competition by also setting a time restriction for each movement, making them even more difficult to achieve. The winner will be the person that has successfully completed the most dance movements by the end - there may be more than one winner.

Bingo sheets can be laminated for repeated use.



Years 1/2

BINGO



**5
Star
Jumps**



**5
High
Knees**



**Hop 5
times on
one foot**



BINGO



**10
Star
Jumps**



**10
High
Knees**

**10
Arm
Circles**



**10
Spins
in a circle**



**Hop 10
times on
one foot**



**10
Star
Jumps**

**Balance for
10 seconds
on one foot**



**10
Squats**

