

# Scoot, Scat, Groove

More Practice With Bugs



## 3 Cs

-  I care about myself.
- I care about others.
- I care about my community.

### Help students to understand and invite them to state clearly-

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I show I care about myself when I make choices to live healthy and not use alcohol, tobacco or other drugs.

Teacher Notes

## Preparation

### Copies

“Truth About Fitness” cards for each group of students

### Materials

Please note the many optional activities that accompany this lesson (see page 101).

### Music

“Scoot, Scat, Grove” from the CD *Take a Stand* (see page 138)

## Vocabulary

physically fit

## Lesson at a Glance

### Introduction

1. The Truth About Fitness

### Strategy

2. Physically Fit
3. Fitness Components
4. “Scoot, Scat, Grove”

### Conclusion

5. “Scoot, Scat, Grove” Game

## Core Curriculum Objectives and Standards

### Objectives

- Demonstrate responsibility for self and actions.
- Recognize why acceptance of self and others is important for the development of positive attitudes.
- Recognize and name their emotions and have access to calming their unpleasant emotions.

### Standards

The students will learn ways to improve mental health and manage stress.

## Introduction

### Play

## 1. The Truth About Fitness

Play the “Truth About Fitness” game.

- Divide students into groups of five or six.
- Each group receives a stack of “Truth About Fitness” cards and places them face down in the middle of the group.
- One student draws a “Truth About Fitness” card from the draw pile.
- He or she answers the question.
- He or she keeps the card if the question is answered correctly.
- Place cards that were not answered correctly in the discard pile.
- After all the draw pile is exhausted, students may draw from the discard pile or use the discard pile for class discussion.

Answer key for “Truth About Fitness” cards

- True
- True
- False (To cool down is to allow your heart time to slow down.)
- False (The Physical Best is a kind of fitness test.)
- True
- False (Your heart works to pump blood to all parts of your body.)
- True
- True
- True
- False (Before you stop exercising, you should cool down.)
- True
- True
- True
- True
- True
- False (Balance is a fitness skill that helps keep you from falling.)

## Strategies

### Discussion

## 2. Physically Fit

- What does it mean to be “physically fit”?  
muscles are strong and flexible  
heart and lungs work well  
feel good  
don't tire easily
- What kinds of “bugs” would you have if you were not physically fit?  
have no energy  
unable to fit illness (depressed immune system)  
can't participate in some activities
- What do you have to do to be “fit”?  
eat properly  
drink plenty of water  
get plenty of rest  
keep clean  
exercise.
- How can being physically fit help with other “bugs” in your life?  
feel better  
able to enjoy various activities  
better immune system

## 3. Fitness Components

### Eat properly:

Eat foods from all four food groups every day and avoid “junk” food.

### Discussion



Continued  
Discussion

### **Get plenty of rest:**

When you don't get enough sleep, your body gets tired and "run down" and you are more likely to get sick. Everyone's sleep needs are different, but you should feel rested when you get up in the morning. Most students your age need at least 8-10 hours of sleep a night.

### **Exercise:**

Activity keeps your body running smoothly; strengthens your heart, lungs, and muscles and keeps them flexible; and helps reduce feelings of stress. When everything in your body is running smoothly, you feel better and have more energy.

Sing

### **4. "Scoot, Scat, Groove"**

Listen to and learn the song, "Scoot, Scat, Groove."

- When exercising, always have a "warm-up" time.
- Try some of the warm-up activities suggested on page 106.

Continued  
Discussion

### **Drink plenty of water**

Liquids keep the body running smoothly. Water helps clean the body and keeps the digestive system working properly. Drink plenty of water every day.

### **Keep clean**

Keeping clean means bathing regularly, brushing your teeth, washing your face and hands before and after eating, and washing your hands after using the restroom. You will not only feel better, but you will get sick less often.

Germs are so small they cannot be seen without a microscope. Even though they are very small, they can cause big problems with illnesses. When we don't keep ourselves clean, germs can more easily be spread from person to person.

What are some ways germs can be spread?

- sneezing or coughing without covering mouth
- drinking out of someone else's cup
- playing and not washing hands before eating

**Conclusion**

### **5. "Scoot, Scat, Groove" Game**

- Place enough markers (paper plates) on the floor for each student (similar to a cake walk).
- Label one or two of the markers with the words "junk food."
- Instruct the students to move from card to card while the music is playing.
- Students stop moving when the music stops.
- When a child is left standing on a "junk food," he or she is out.
- Students may dance or exercise from card to card as they move.
- This activity can be used anytime to give the students an opportunity for exercise.

### **What We Snack On**

Complete the graph on page 103 as a "Home Connection" or as a classroom activity.

### **Warm-Up Activities**

Practice some of the warm-up activities on page 106.

### **Ahhh-Choo Puppets**

Distribute small sacks and complete the activity described on page 104.

### **Snooze Graph**

Discuss the "Snooze Graph" on page 105 and create one for the class.

**Optional  
Activities**

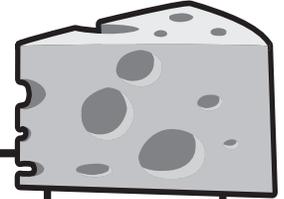
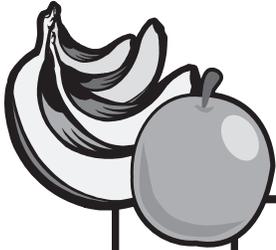


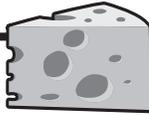
# Truth About Fitness

n. Having a strong heart is a part of good physical fitness.	f. Your lungs work to pump blood to most of your body.
e. You may not tire as easily when your muscles are strong.	i. Being able to move and bend easily is part of good physical fitness.
c. To warm up is to allow your heart time to slow down.	o. Being able to change directions quickly is a fitness skill.
m. Fitness skills help you play sports and games.	a. Being at a healthy weight is a part of good physical fitness.
h. Using your muscles helps you make them strong.	k. Your heart is a muscle.
b. Running slowly helps your muscles warm up.	g. Playing tag is a way to get exercise.
j. When you are finished exercising, you should stop right away and rest.	d. The Physical Best is a race to see who can run the fastest.
p. Balance is a fitness skill that helps you change directions quickly.	l. Stretching muscles is a part of warming up.

# What We Snack On

Keep track of your snacks for two days.  
Color the appropriate box when you snack



8						
7						
6						
5						
4						
3						
2						
1						
How Many	 Fruit	 Nuts & Crackers	 Juice	 Candy	 Cheese	 Vegetables

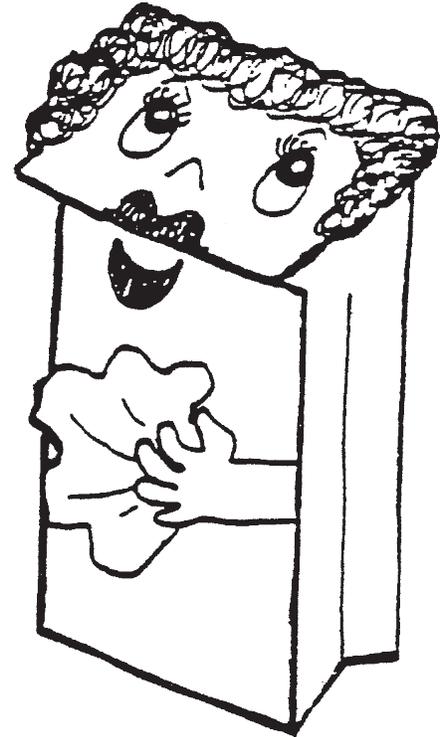
# Ahhh-Choo Puppet

These puppets are a delightful way to remind students about the dangers of spreading germs.

## Ahhh-Choo

Need a tissue?  
Yes, I do.  
A cold, I think.  
Ahhh-Choo, Ahhh-Choo.

A cough, a sneeze.  
Maybe the flu.  
Catch those germs  
I do, Ahhh-Choo.



### CONSTRUCTION

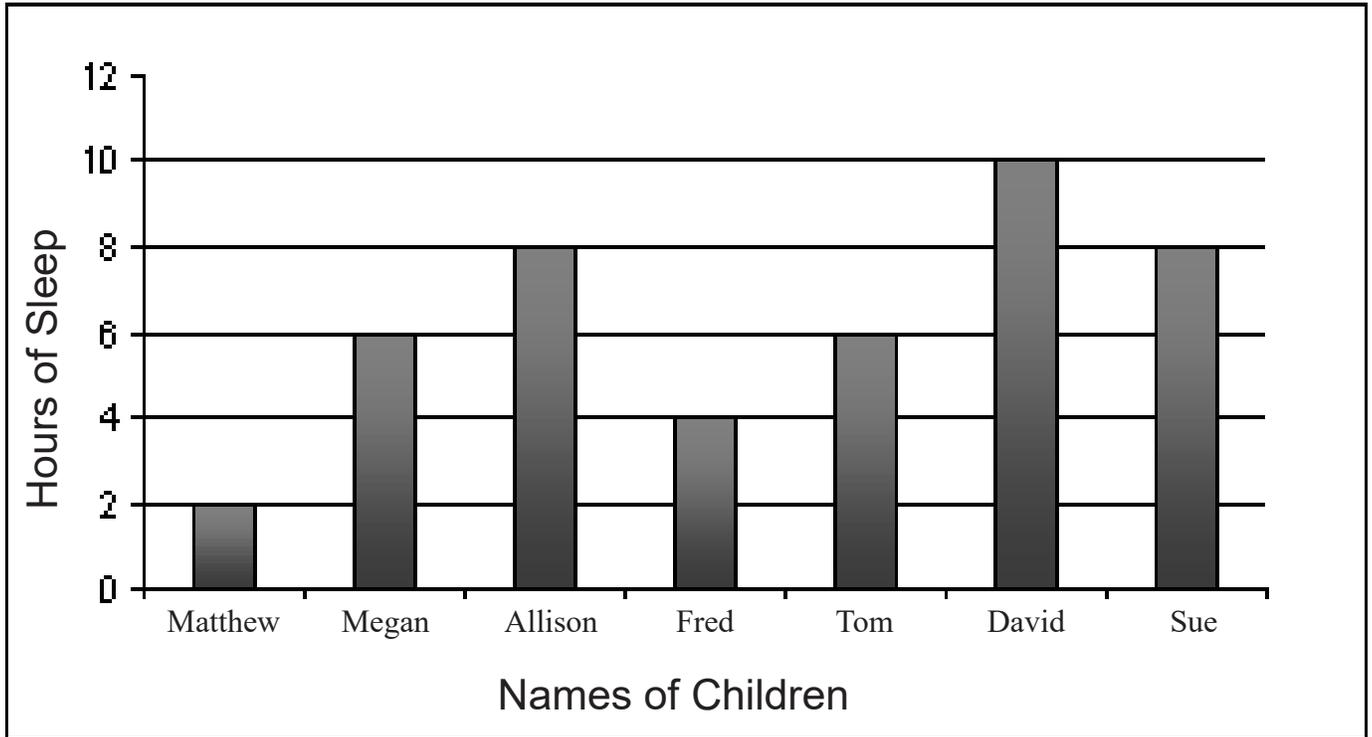
- Supply each student with a brown lunch bag, markers or crayons, and construction paper.
- Have them draw a face on their bags.
- Hair can be made from paper or yarn.
- Have students trace a hand on construction paper and cut it out.
- A tissue is glued to the hand and both are attached to the bag.

### USE

After the class has constructed the puppets, they may be manipulated while students repeat the poem "Ahhh-Choo."

Send the puppet and poem home to be shared with each student's family.

# Snooze Graph



Each child in Mrs. Fritz's second grade class gets a different amount of sleep each night.

Use the graph to answer the questions below:

Who gets the most sleep?

How long does that person sleep each night?

Who gets the least sleep?

How long does that person sleep each night?

How many more hours of sleep does David get than Mathew?

Allison than Fred?

Sue than Megan?

Who sleeps eight hours every night?

Who sleeps less than five hours every night?

Who sleeps more than five hours every night?

How many hours do you sleep every night?

Work with your class and make a graph for your class like the one above.

# Warm-Up Activities

With young students, any motor activity should begin with an opportunity to stretch and warm up muscles. Try some of these winning warm-up activities called “The Super Heroes.”

## SUPER HEROES

Count to 10 as you do each one

### SUPERMAN STRETCH

Students attempt to keep their balance while up on tiptoes with arms stretched over their heads. The teacher could compare this to the “Superman” takeoff position for flying.

### BATMAN BOUNCE

Students find a spot (their “home”) and jump (both feet together). The teacher could indicate this is how “Batman” jumps into his “Batmobile.” Students are to stay in their own spots.

### ROBIN RUN

Again, students find spots. They will run in place. The teacher could compare this to “Robin’s” running to catch up to Batman.

### SPIDERMAN SWIVEL

Students stand (feet are shoulder-width apart) firmly planted “in cement” (meaning feet do NOT move). Hands are placed on waist while children twist from side to side. This is like “Spiderman” moving on his web.

### WONDER WOMAN WINDMILLS

Students stand with feet (shoulder width apart) firmly “planted in cement.” Arms are stretched sideways. This activity will use the hand of one side of the body touching the foot of the opposite side. To accomplish this, the teacher must say, “TURN, TOUCH TOES, AND UP.” “UP” means body is erect in a standing tall position. Repeat.

