

A FREE RESOURCE PACK FROM EDMENTUM

National Physical Fitness & Sports Month

PreK–6th

Grade Range

National Physical Fitness & Sports Month Topical Teaching Resources

What Does This Pack Include?

This pack has been created by teachers, for teachers. In it you'll find high quality teaching resources to help your students celebrate National Physical Fitness and Sports Month and explain how they can get involved.

To go directly to the content, simply click on the title in the index below:

FACT SHEETS:	
Pre-K – Grade 2	Grades 3-6
Discuss what National Physical Fitness and Sports Month is.	Discover the benefits of exercise and how your students can get involved in fun sports.
CRITICAL THINKING QUESTIONS:	
Pre-K – Grade 2	Grades 3-6
Discuss different sports and what exercises your students like to do.	Discuss the different ways students could exercise together.
ACTIVITY SHEETS AND ANSWERS:	
Pre-K	Grades 3-6
Ask students to keep track of their progress when they exercise for at least thirty minutes each day.	Encourage students to set themselves an exercise activity and monitor their progress.

Enjoyed these resources?

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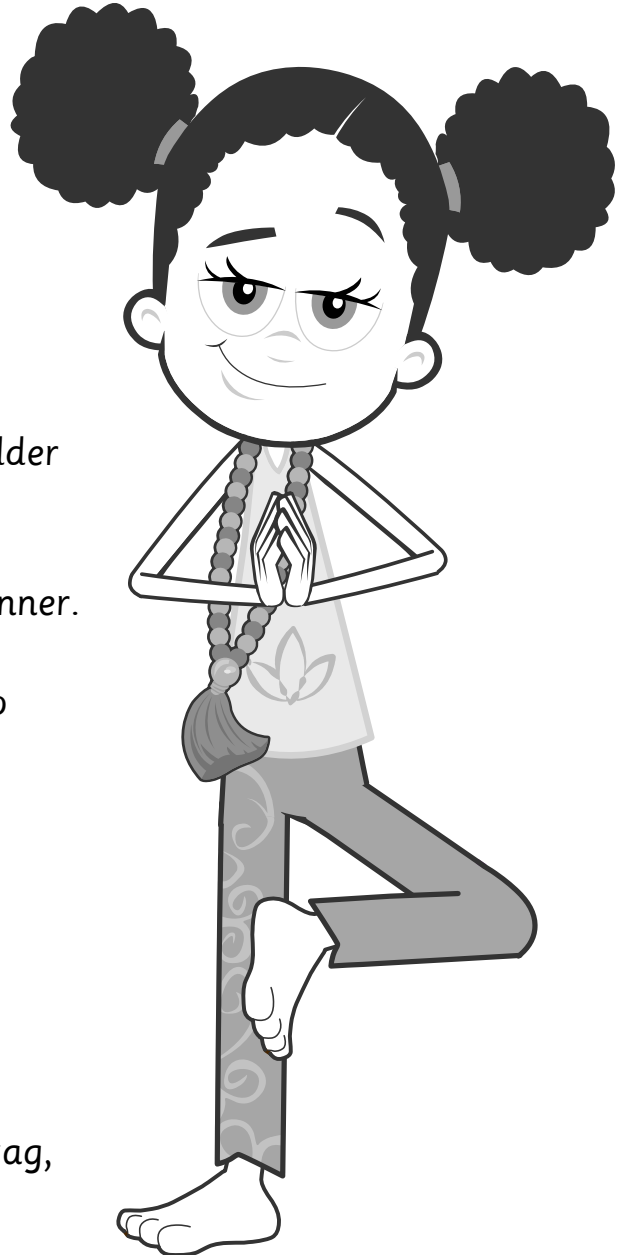


Name: _____ Class: _____

- May is National Physical Fitness and Sports Month.
- It's a great time to get moving!
- The President's Council on Fitness, Sports & Nutrition helps to give people ideas for the month.
- Every person should try to exercise thirty minutes a day.
- Exercise is good for your body. It makes your muscles, bones, and heart stronger.
- It can help keep you from getting sick.
- It can help you to feel in a better mood.

Ideas for National Physical Fitness and Sports Month

- Walk or ride a bike to school with a parent or older sibling if you can.
- Get your family to take a walk together after dinner.
- If you are watching TV, get up and dance, or do exercises during the ads.
- Go swimming.
- Join a team and try a new sport.
- Do yoga or some stretches.
- Get together with friends and play a game like tag, hide-and-seek, or four square.



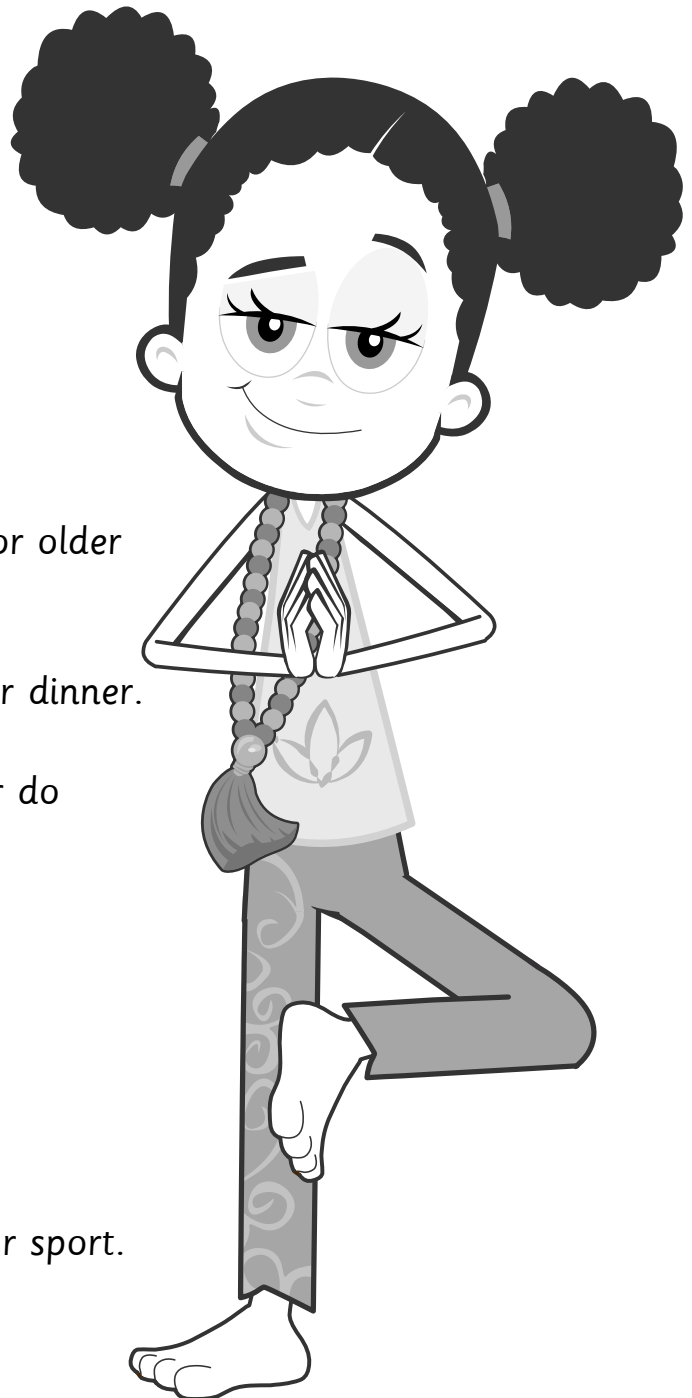


Name: _____ Class: _____

- May is National Physical Fitness and Sports Month. It's a great time to get moving!
- The President's Council on Fitness, Sports & Nutrition has sponsored it since the 1950s. During the month, they challenge everyone to get thirty minutes of physical activity every day.
- Exercise has many benefits for your body. It can improve your muscles, bones, and heart.
- It can lower your chance of disease such as diabetes, hypertension, and cancer.
- It can help to improve your mood.

Ideas for National Physical Fitness and Sports Month

- Walk or ride a bike to school with a parent or older sibling if you can.
- Get your family to take a walk together after dinner.
- If you are watching TV, get up and dance or do exercises during the commercials.
- Go swimming.
- Join a team and try a new sport.
- Do yoga or some stretches.
- Get together with friends and play a game or sport.



Critical Thinking Question

Emma is looking for an activity to do after school with her friends.
What is a healthy activity they could do?



They could do exercise together.

Getting 30-60 minutes of exercise a day is healthy for your body.
There are many games and sports they could play together.



What are some ways they could exercise?

What kinds of exercise do you like to do?

Critical Thinking Question

Emma's class is trying to think of ways they can move more at school.
What are some things they can do?



They could take some mind breaks from lessons and do some **stretches** or **dance**.

They could **walk** around the school for a break.

They could play a group game at recess like **soccer** or **kickball**.

What are some other ways they could exercise?



What kinds of exercise do you like to do?



Name: _____ Class: _____

Set a goal.

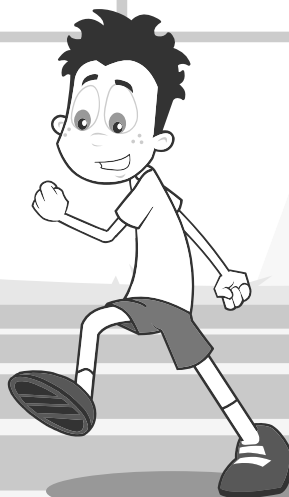
It may be to exercise for a certain number of minutes or to walk a certain distance.

Note your activity on the calendar.

At the end of the week, check to see whether you made your goal.

Goal: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday





Name: _____ Class: _____

Set a goal.

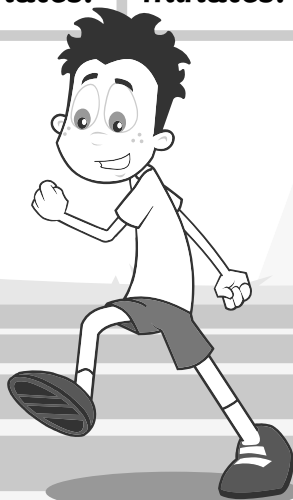
It may be to exercise for a certain number of minutes or to walk a certain distance.

Note your activity on the calendar.

At the end of the week, check to see whether you made your goal.

Goal: Exercise thirty minutes each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise 30 minutes.	Exercise 35 minutes.	Exercise 40 minutes.	Exercise 45 minutes.	Exercise 50 minutes.	Exercise 55 minutes.	Exercise 60 minutes.
Exercise 40 minutes.	Exercise 55 minutes.	Exercise 60 minutes.	Exercise 55 minutes.	Exercise 50 minutes.	Exercise 60 minutes.	Exercise 30 minutes.
Exercise 40 minutes.	Exercise 60 minutes.	Exercise 30 minutes.	Exercise 30 minutes.	Exercise 35 minutes.	Exercise 45 minutes.	Exercise 60 minutes.
Exercise 35 minutes.	Exercise 45 minutes.	Exercise 55 minutes.	Exercise 60 minutes.	Exercise 50 minutes.	Exercise 45 minutes.	Exercise 30 minutes.
Exercise 45 minutes.	Exercise 60 minutes.					

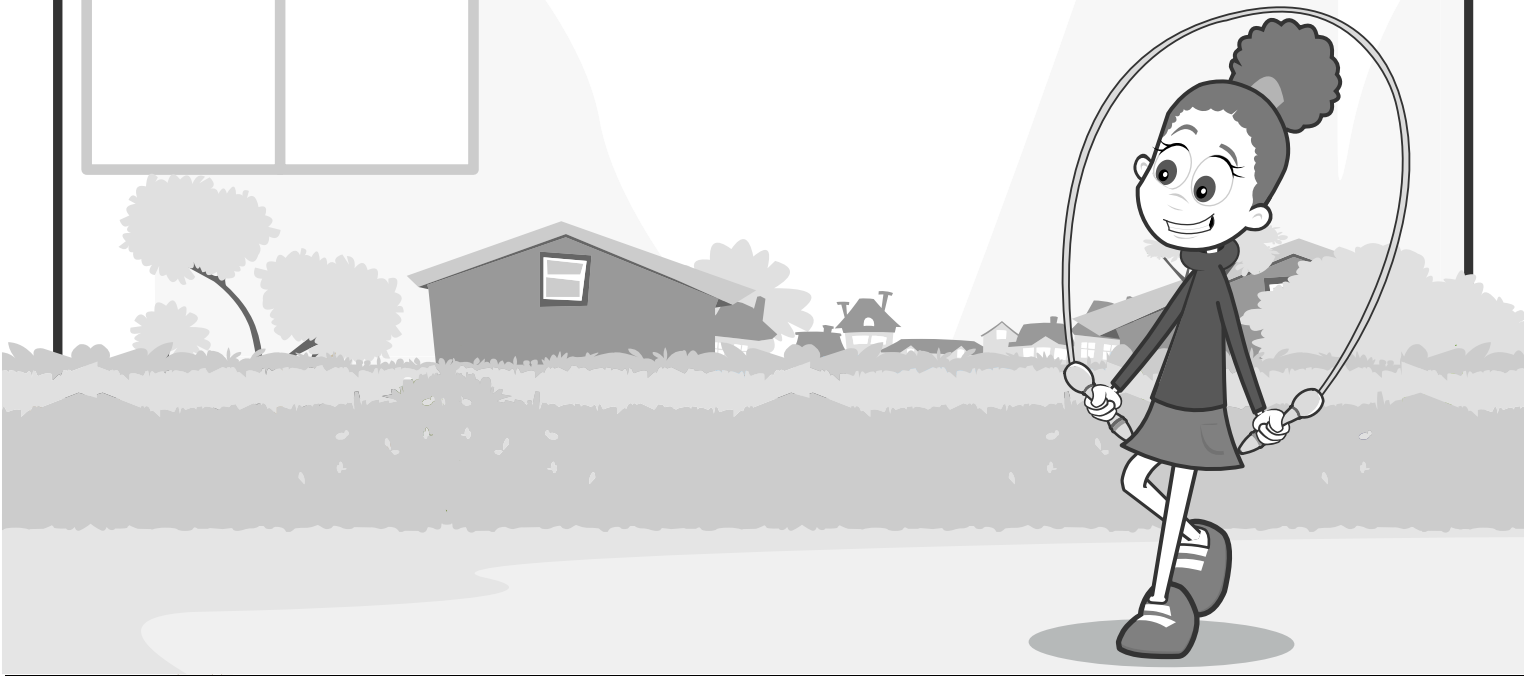




Name: _____ Class: _____

Draw a smiley face on each day that you exercise for at least thirty minutes.
At the end of the week, check to see how active you've been.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday





Name: _____ Class: _____

Draw a smiley face on each day that you exercise for at least thirty minutes.
At the end of the week, check to see how active you've been.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						





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edmentum.com
800.447.5286
info@edmentum.com
AC008-141 120120

5600 W 83rd Street
Suite 300, 8200 Tower
Bloomington, MN 55437
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