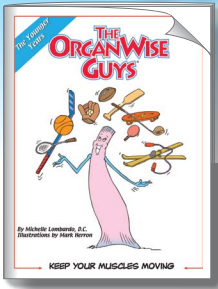




Madame Muscle®



(Use this link to access all content.)

Read **Keep Your Muscles Moving**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:

FAMILIES ON THE MOVE

Madame Muscle is all about keeping muscles moving! Draw a picture of yourself, your family and Madame Muscle doing one of your favorite physical activities. Then write a short note to your family about why it is important that you all stay active!

Language Arts, Healthy Lifestyle

COUNT ON ACTIVITY

The OrganWise Guys are adding up their physical activity - 10 minutes at a time. Fill in the missing numbers below as you practice counting by 10. Add up the total minutes of exercise Hardy, Madame Muscle and Calcic are doing below. Then draw yourself being active in the last problem.

20 50 100

10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes =

10 Minutes + 10 Minutes + 10 Minutes =

10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes =

+ + =

Math/Spelling, Healthy Lifestyle

Watch the 3 short companion videos:



HARDYS MARCHING BAND.MP4



EXERCISE INSIDE-SUPERHEROS.MP4



THAT'S HOW YOU EXERCISE.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

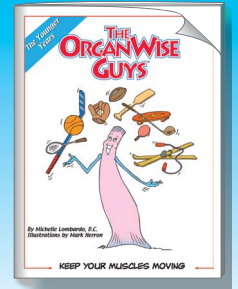
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Keep Your Muscles Moving Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Physical activity, MyPlate, healthy foods, bone health, water/hydration, high-fiber fruits and vegetables, elimination process, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To convey the importance of moving your muscles every day
- To explain the need for healthy food choices to give the muscles energy
- To demonstrate all the fun ways to get physical
- To challenge children with clues to guess each physical activity
- To encourage children to find physical activities they enjoy and do them

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the importance of keeping your muscles moving with fun activities
- To demonstrate how 10-minute bouts of physical activity add up ... with a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show that fun and physical activity go together
- To demonstrate that there are fun activities to do indoors when it's too dark outside
- To convey the joy and benefits of exercise

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)