

BOOK TITLE

I Am Strong

TOPIC

**Physical Activity
and Injury Prevention**



**Essential
Question**

What are some activities I can do to make my body strong and healthy?



Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on, active participation from both the teacher and the students.

REQUIRED MATERIALS

- **Deck of Cards for Bingo (Teacher)**
- **Bingo Card (Student)**
- Writing utensils (pencils or markers)

LEARNING CONNECTION

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on, active participation from both the teacher and the students.

READING VOCABULARY

Healthy, body, mind, strong, running, climbing, singing, reading, playing, eating.

LEARNING ACTIVITIES



Class discussion about the book *I Am Strong*.



Class discussion about the students' favourite activities to do at school.



Bingo game.

PRE-LESSON PREPARATION

1. Cut out the cards from the **Deck of Cards for Bingo (Teacher)** so the cards are ready to be used for bingo.

LESSON PLAN: I AM STRONG

1. Ask the students:



“Can you name the different activities we read about in the book *I Am Strong*?”

Answers: running, climbing, singing, reading, playing, and eating.

2. Ask the students to name some of their favourite activities. Say:



“What are some of your favourite activities to do at school?”

Answers might include: playing tag, playing soccer, reading books, learning new things, etc.

☞ Allow the students to talk about their favourite activities.

3. Say to the students:



“All of the activities in the book, as well as the ones you just mentioned, are excellent ways to keep our minds and bodies strong and healthy. Today, to get our bodies moving, we are going to play a game of bingo! How many of you have played bingo before?”

☞ If any of the students have played bingo before, invite them to explain the game to the rest of the class.

4. Hand out the **Bingo Card (Student)** to a volunteer. Say to the students:



“This is not just any game of bingo. This one is different! This large card has pictures of nine different activities on them, with the name of each activity written underneath. Now I am going to randomly pick a card from my own deck. I will hold up the card for you all to look at.”

“You have to match the activity on the card I am holding with the matching activity on the large bingo card. Work together as a class to find the activity on the student bingo card. When you have found that activity, cross it out. For example, if I hold up a card with a picture of someone doing jumping jacks, you will find that picture on your card and cross it out.”

☞ Make sure the students understand these rules.



“After you have crossed the activity out, you will stand up and do that activity if you can. If it’s an activity you can’t do, just pretend to do it! For example, if you crossed out jumping jacks, you will stand up and do jumping jacks. If you crossed out eating, act out eating a healthy meal. Whatever you end up doing, make sure you do the activity for 30 seconds.”

LESSON PLAN: I AM STRONG

- ☛ For each activity, have the students either do the activity or act out the activity (e.g. jumping jacks, push ups, run on the spot, etc.) Afterwards, say:



“We will keep repeating this game until you have crossed out three activities in a row.”

- ☛ Make sure you demonstrate for the students that they can have three in a row vertically, horizontally, or diagonally.
- ☛ Another option is to play the game until their entire card is full.

5. Tell the students:



“When you get three in a row, you can shout, ‘BINGO!’”

6. When you are finished the game, remind the students that there are many different activities they can do every day at school that will help keep their bodies and minds strong.