

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 ACTIVITIES



Class discussion about the book *I Am Strong*.



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



Bingo game.

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.

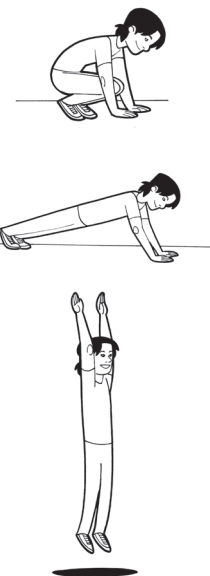
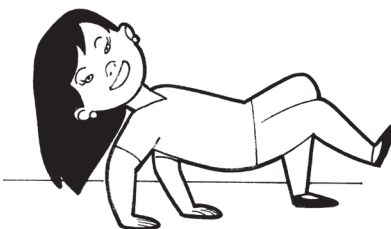
READING VOCABULARY

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

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.

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