It's All About Kinesthetics

Activity Book

Name: _____

Grade: _____

Semester: _____

TULSA HEALTH
Department
School Health Program

19.19.02.01 8/2023

Introduction

Week 1

It's All About Kinesthetics

It's All About Kinesthetics is a 12 week program for 3rd-5th grade students. Students will participate in functional fitness workouts, games, and health education lessons.

This booklet is to help students carry over their knowledge and understanding of physical activity and health with their family and friends at home.

Packet Contents:

- Weekly Physical Activity Log
    - This is to log any of the student's physical activity for the week.
        - For example, biking or walking to school.
- Weekly Workout
    - Weeks 1 and 2 provide a workout with some parts the student can fill in.
    - Weeks 3-11 students will build their own workout.
- Weekly Body System Worksheets
    - Definitions
    - Word Searches
    - Labeling Activities
    - Review Worksheets

When building a workout remember:

- TABATA = 20 seconds of work and 10 seconds of rest
- AMRAP = As Many Rounds as Possible
- EMOM = Every Minute on The Minute
- 20-15-10-5 = 20 of each movement then 15 of each movement then 10 of each movement then 5 of each movement
- 21-15-9 = 21 of each movement then 15 of each movement then 9 of each movement
    - This is same for 10-9-8-7-6-5-4-3-2-1
- 4 Rounds = Do all movements in the same order and repetitions 4 times.
    - This is the same for all workouts that include rounds, there may be 2 rounds or 10 rounds, you would complete all movement for the chosen number of rounds.

Every week during It's All About Kinesthetics students will review what they have completed in their booklet.

Do your best every week to get your 60 minutes of physical activity in each day!

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

Goal: 60 Minutes a Day!

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Monday Date:				
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				

Types of physical activity may include: PE class, recess, sports practice/game, dance, gymnastic, walking the dog, playing outside with friends, riding a bike, plus many more!

TULSA HEALTH Department
School Health Program

It's All About Kinesthetics Weekly Family Workout

Goal: Complete each workout daily with my family!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Jumping Jacks 3 Sit Ups 3 Squats 3 Lunges	6 Jumping Jacks 6 Sit Ups 6 Squats 6 Lunges	9 Jumping Jacks 9 Sit Ups 9 Squats 9 Lunges	12 Jumping Jacks 12 Sit Ups 12 Squats 12 Lunges	15 Jumping Jacks 15 Sit Ups 15 Squats 15 Lunges	18 Jumping Jacks 18 Sit Ups 18 Squats 18 Lunges	___ Jumping Jacks ___ Sit Ups ___ Squats ___ Lunges **You choose how many to complete!**
Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?
How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent

TULSA HEALTH Department
School Health Program

Circulatory System

Week 2

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

Goal: 60 Minutes a Day!

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Monday Date:				
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				

Types of physical activity may include: PE class, recess, sports practice/game, dance, gymnastic, walking the dog, playing outside with friends, riding a bike, plus many more!

TULSA HEALTH Department
School Health Program

It's All About Kinesthetics Weekly Family Workout

Goal: Complete each workout daily with family!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 Rounds ___ Jumping Jacks ___ Sit Ups ___ Squats ___ Lunges **You choose how many to complete!**	4 Rounds 10_____ 20_____ 15_____ 5_____ **You choose your movement!**	20-15-10-5 Glute Bridge Bicycle Crunch Inchworms	TABATA 15 Min. 3 Burpees 5 Push-ups 3 Sit-ups	21-15-9 Flutter kicks Curtsy lunge Pike push-up	TABATA 10 min. Elbow Plank Squat TABATA 5 min. Burpees Wall-sit	TABATA 8 Min. __ _____ __ _____ **Choose the movement and number of movements.**
Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?	Who completed the workout?
How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent	How do you feel after your workout? Good Very Good Excellent

*TABATA = 20 seconds of work and 10 seconds of rest

20-15-10-5 = 20 of each movement then 15 of each movement then 10 of each movement then 5 of each movement

21-15-9 = 21 of each movement then 15 of each movement then 9 of each movement

4 Rounds = Do all movements in the same order and repetitions 4 times

Week 2

Circulatory System

The **Circulatory System** is the system that moves blood throughout our bodies. The Circulatory System helps to carry nutrients and oxygen throughout the body. The Circulatory System is made up of many different parts. Let's go over some!

The **HEART** helps to pump, or push, blood to different parts of our bodies.

The heart is made up of **CARDIAC** muscle.

ARTERIES carry blood away from our heart.

VEINS carry blood to our heart.

VALVES are found in veins. They prevent blood from flowing back in the wrong direction.

CAPPILARRIES link the arteries and veins together.

Our hearts have a left **VENTRICLE** and a right **VENTRICLE.** The right ventricle is in charge of pumping blood to our lungs so the blood can receive oxygen or be oxygenated. The left ventricle is in charge of pumping blood that is full of oxygen throughout our bodies and into our muscles. Both the left and right ventricle are found at the bottom of the heart.

The **AORTA** is the main artery in our bodies where oxygen rich blood flows through. The **AORTA** passes over the left ventricle.

The **PULMONARY** artery passes over the right ventricle of our heart. It is in charge of carrying blood to the lungs where the blood is then oxygenated.

The upper left and upper right sides of our heart are collectively called the **ATRIA.**

Name: _____

Week 2 - Circulatory System

C B V E N T R I C L E N
A R T E R I E S J Q X Y
R Y N F D H E A R T A V
D A T R I A O R T A J E
I A P U L M O N A R Y I
A V A L V E S Y C P K N
C G A G S S R A I R R E
C A P I L L A R I E S R

Find the following words in the puzzle.
Words are hidden → and ↓ .

AORTA
ARTERIES
ATRIA
CAPILLARIES
CARDIAC
HEART
PULMONARY
VALVES
VEIN
VENTRICLE

Nervous System

Week 3

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

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Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
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Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				

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TULSA HEALTH Department
School Health Program

It's All About Kinesthetics
Build Your Own Workout

TULSA HEALTH Department
School Health Program

Goal: To build your own workout to do on your own or with family!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Choose a workout type and 3 to 4 workout movements.

Workout Type

15 Min AMRAP	3 Rounds
20 Min AMRAP	4 Rounds
25-20-15-10-5	5 Rounds
21-15-9	6 Rounds
10-9-8-7-6-5-4-3-2-1	7 Rounds
EMOM	8 Rounds
TABATA	9 Rounds
	10 Rounds

Workout Movements

Jumping jacks	Inchworms
Burpees	Flutter kicks
Push ups	Curtsy lunge
Sit ups	Pike push up
Lunges	Elbow plank
Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

Week Three

Nervous System

The **NERVOUS SYSTEM** is a system in our body that helps different parts of our body communicate. It helps send signals to and from our **BRAIN** that tells our body to do something. For example, if we do a jumping jack, our **NERVOUS SYSTEM** is helping our brain tell our body exactly what and how it needs to move.

NERVES help in letting our body and brain communicate.

MOTOR NERVES are what allow our brain to tell our body to move. These nerves play a big role whenever we participate in a physical activity. Without **MOTOR NERVES** our brain would not be able to tell our muscles to contract and expand. This means we would have a very hard time running, playing basketball, riding a bike, or moving at all.

SENSORY NERVES aid in telling our brain what is happening or going on in our everyday life. These nerves are in charge of allowing us to feel/touch, see, hear, taste, and smell. Without **SENSORY NERVES** we would have no idea what apples taste like, how grass feels, or even what our friend's laughter sounds like.

Within our nervous system, there are two main sets of nerves **AUTONOMIC** and **SOMATIC**.

The **SPINAL CORD** is like a highway for our brain and nerves to communicate. It starts at the bottom of our skull and runs all the way down our back. It helps to aid our brain in **RECEIVING** information, **INTERPRETING** information, and **RESPONDING** to information.

Our **AUTONOMIC** nerves work without us having to tell them to. We don't even realize that they are working. They tell our hearts to beat, our lungs to breathe, and they tell some of our other systems to work. Can you imagine having to remind your body to breathe? Or reminding your stomach to digest the carrots you just ate?

Our **SOMATIC** nerves work when we tell them to. They are what's working when we tell our legs to run fast.

Name: _____

Week 3 - Nervous System

N I N T E R P R E T S T
E E K S O M A T I C D M
R Z Q S E N S O R Y T O
V S P I N A L C O R D T
E R R E C E I V E S A O
S J A U T O N O M I C R
M M P C B R A I N D D F
R E S P O N D S D V X C

Find the following words in the puzzle.
Words are hidden → and ↓ .

AUTONOMIC
BRAIN
INTERPRETS
MOTOR
NERVES
RECEIVES
RESPONDS
SENSORY
SOMATIC
SPINAL CORD

Circulatory & Nervous System Review

Week 4

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Types of physical activity may include: PE class, recess, sports practice/game, dance, gymnastic, walking the dog, playing outside with friends, riding a bike, plus many more!

TULSA HEALTH Department
School Health Program

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Goal: To build your own workout and do on your own or with family!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Choose a workout type and 3 to 4 workout movements.

Workout Type

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21-15-9	6 Rounds
10-9-8-7-6-5-4-3-2-1	7 Rounds
EMOM	8 Rounds
TABATA	9 Rounds
	10 Rounds

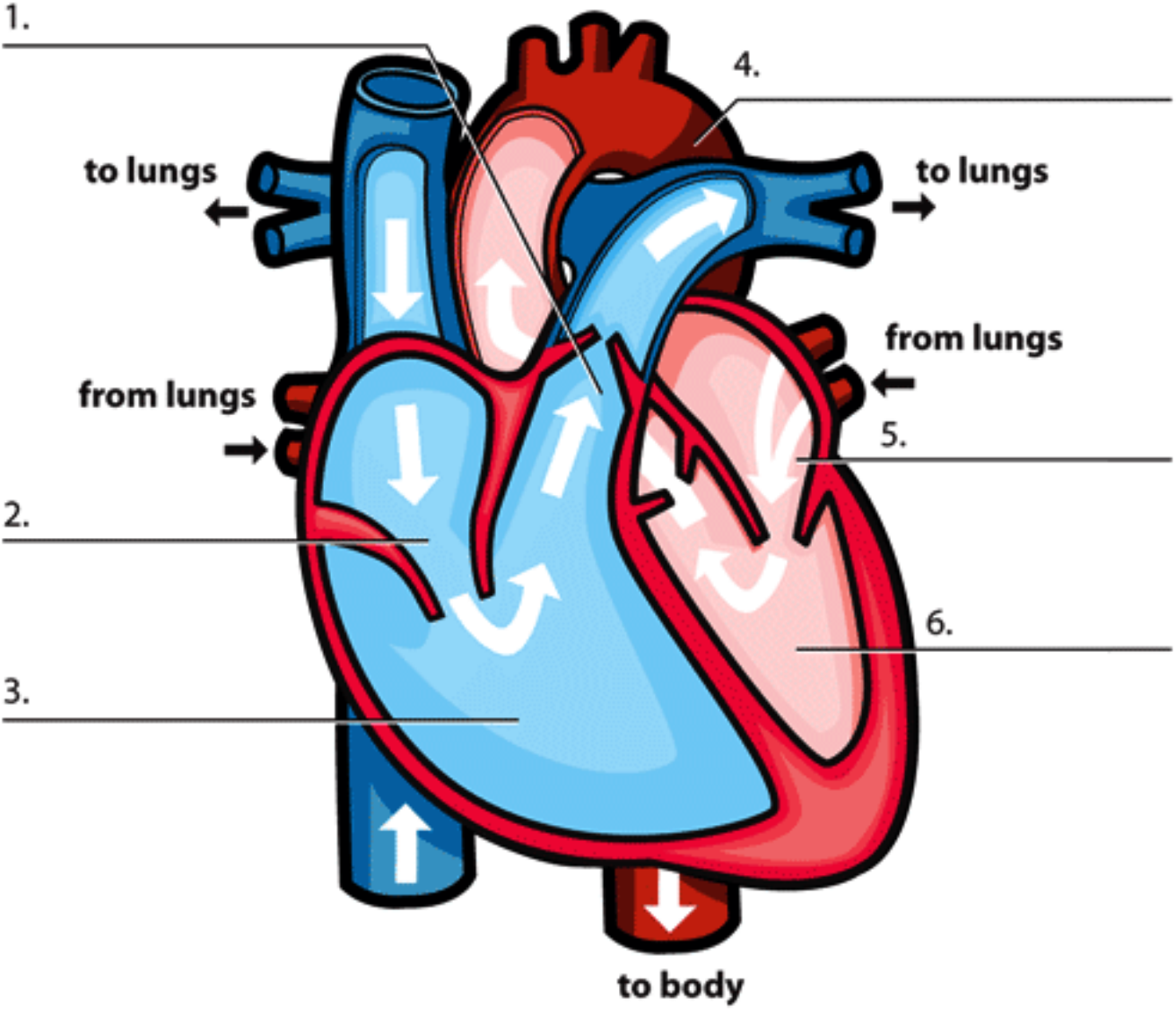
Workout Movements

Jumping jacks	Inchworms
Burpees	Flutter kicks
Push ups	Curtsy lunge
Sit ups	Pike push up
Lunges	Elbow plank
Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

HOW THE BODY WORKS

The Heart

Directions: Print out, label the parts of the heart, and circle the four valves.

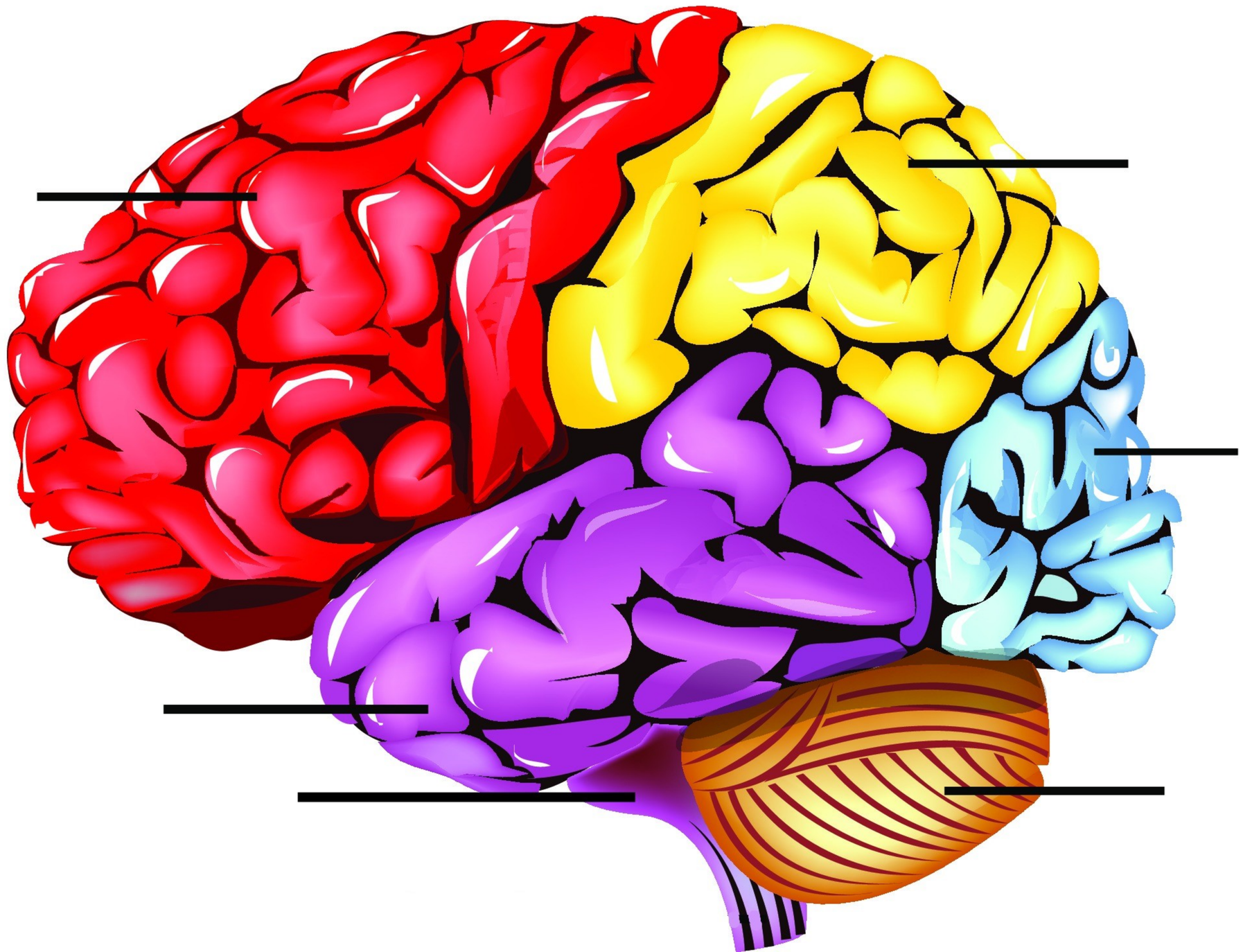


WORD BANK

left ventricle	right atrium	pulmonary artery
right ventricle	left atrium	aorta

Parts of the Human Brain

Occipital Lobe
Parietal Lobe
Frontal Lobe
Temporal Lobe
Brain Stem
Cerebellum



Muscular System

Week 5

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Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

Goal: 60 Minutes a Day!

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Saturday Date:				
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Types of physical activity may include: PE class, recess, sports practice/game, dance, gymnastic, walking the dog, playing outside with friends, riding a bike, plus many more!

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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EMOM	8 Rounds
TABATA	9 Rounds
	10 Rounds

Workout Movements

Jumping jacks	Inchworms
Burpees	Flutter kicks
Push ups	Curtsy lunge
Sit ups	Pike push up
Lunges	Elbow plank
Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

Week Five

Muscular System

The **MUSCULAR SYSTEM** is found in all **VERTEBRATES**. **VERTEBRATES** are any animal with a spinal cord and yes, that includes us, too.

The **MUSCULAR SYSTEM** helps in allowing our body to move. It also aids in digestion and the circulation of blood through our body. There are three different types of muscles that can be found in our muscular system: skeletal muscles, smooth muscles, and cardiac muscles.

SKELETAL muscles are also called **VOLUNTARY** muscles**.** These are muscles that we move when we want to or when we tell them to. For example, when you flex your muscles in your arm, you are telling them to flex. **SKELETAL** muscles are attached to a bone by connective tissue called **TENDONS.**

SMOOTH muscles are not under voluntary control. This means that these muscles can move without us telling them to, or are involuntary. They can be found in our internal organs, including our stomach! Smooth muscles are what helps our stomachs to digest food. When the **SMOOTH** muscles that line the inside of our stomachs start to move food through, they **CONTRACT** and **RELAX**. We can think of this like flexing and relaxing our arm muscle, except we don't have to tell the **SMOOTH** muscles to do this because they do it all on their own.

CARDIAC muscle tissue is what makes up your heart. The **CARDIAC** muscle tissue is what is responsible for making your heart beat, or pump. This is another muscle that we do not have to tell to work, or is "involuntary". Can you imagine if we had to remind our hearts to keep beating? Even though we cannot control this muscle, we can still keep it in shape and make it stronger. We can do this by participating in an activity that is **AEROBIC.** **AEROBIC** means "with oxygen". Exercises such as running, walking, and swimming make us breathe faster which makes our heart work faster. These kinds of exercises can make our hearts stronger and healthier.

Name: _____

Week 5 - Muscular System

K A E R O B I C I P A C
C K M U S C U L A R R A
C O N T R A C T B L E R
J M H T S M O O T H L D
B W T E N D O N W U A I
S K E L E T A L I T X A
B V O L U N T A R Y P C
V E R T E B R A T E S Z

Find the following words in the puzzle.
Words are hidden → and ↓ .

AEROBIC
CARDIAC
CONTRACT
MUSCULAR
RELAX
SKELETAL
SMOOTH
TENDON
VERTEBRATES
VOLUNTARY

Skeletal System

Week 6

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

Goal: 60 Minutes a Day!

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Monday Date:				
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				

Types of physical activity may include: PE class, recess, sports practice/game, dance, gymnastic, walking the dog, playing outside with friends, riding a bike, plus many more!

TULSA HEALTH Department
School Health Program

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It's All About Kinesthetics
Build Your Own Workout
Goal: To build your own workout and do on your own or with family!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Choose a workout type and 3 to 4 workout movements.

Workout Type

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25-20-15-10-5	5 Rounds
21-15-9	6 Rounds
10-9-8-7-6-5-4-3-2-1	7 Rounds
EMOM	8 Rounds
TABATA	9 Rounds
	10 Rounds

Workout Movements

Jumping jacks	Inchworms
Burpees	Flutter kicks
Push ups	Curtsy lunge
Sit ups	Pike push up
Lunges	Elbow plank
Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

Week 6

Skeletal System

All of the **BONES** that are in the human **BODY** make up the Skeletal System, or what we usually just call the **SKELETON.**

Without our skeletal system, we would not be able to play, move, or even stand upright. We would just be a pile of mush without it.

There are 206 **BONES** that make up our skeleton, or **SKELETAL SYSTEM**. I know, that seems like a LOT. Some of these bones are in charge of protecting important parts of our bodies, like our organs. Some of these bones are very tiny, but they are all necessary for our bodies to be able to move like they do. The **BONES** in our body are considered a **CONNECTIVE TISSUE.**

One very important part of our **SKELETAL SYSTEM** is called the **VERTEBRAL COLUMN.** We can think of it like the tree trunk for our bodies. It helps in holing us up and protecting our spinal cord. Our limbs, such as our arms, are connected to our **VERTEBRAL COLUMN.**

Another important part of our **SKELETAL SYSEM** are our **JOINTS.** Our **JOINTS** are where two of our bones meet. **JOINTS** are also responsible for movement of certain part of our bodies. Some places where **JOINTS** are found in our bodies are our elbows, shoulders, and hips. Without these joints we wouldn't be able to bend, run, or jump. It would make playing and exercising very hard or even impossible.

Within our **JOINTS** there is another kind of **CONNECTIVE TISSUE** called **CARTILAGE**. It helps to cushion our joints and bones so they do not rub against each other. We can think of this as a padding for our bones. **CARTILAGE** is made up of mostly water, so it is very important for our **SKELETAL SYSTEM** for us to stay hydrated. That means drinking plenty of water each day.

Two other very important **CONNECTIVE TISSUES** within our **SKELETAL SYSTEM** are our **LIGAMENTS** and our **TENDONS. LIGAMENTS** help in attaching bone to bone. Some places in our body where **LIGAMENTS** are found are in our hands and feet. **TENDONS** are similar to **LIGAMENTS**, but **TENDONS** attach bone to muscle or even muscles to our eyeballs.

Another important part of the **SKELETAL SYSTEM** that we cannot forget is our **JAW**. Our upper **JAW** is firmly attached in place and does not move. Our lower **JAW** has the ability to move and it helps us in talking and chewing our favorites fruits and vegetables.

Name: _____

Week 6 - Skeletal System

U W N A O W Z H J B J J
A C B O D Y Z Q A U B Q
S K E L E T O N W A E N
P H H V J O I N T S H O
T E N D O N S W C X O O
W V L I G A M E N T S X
C A R T I L A G E H A I
K B O N E S T O X Q J Z

Find the following words in the puzzle.
Words are hidden → and ↓ .

BODY
BONES
CARTILAGE
JAW
JOINTS
LIGAMENTS
SKELETON
TENDONS

Muscular & Skeletal System Review

Week 7

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

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It's All About Kinesthetics
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Workout Movements

Jumping jacks	Inchworms
Burpees	Flutter kicks
Push ups	Curtsy lunge
Sit ups	Pike push up
Lunges	Elbow plank
Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

Working Muscles

Do the following stretches and exercises. On the line provided, write the name of the muscles that are being stretched or worked.

1. Stand and put a soup can in your hand. Hang your arm with your palm out in front of your waist. Lift the soup can towards your shoulder. Then, lower your arm again. **What muscles are you working?**

_____

2. Stand and bend over so that your torso is at a 90-degree angle with the floor. Hold a soup can in your hand and bend your elbow so that your upper arm is aligned with your torso and your lower arm is hanging straight down. Pivoting at the elbow, straighten your arm so that the soup can is straight out behind you. Then lower your forearm again. **What muscles are you working?**

_____

3. Stand with feet shoulder-width apart. Lower your torso into an almost sitting position by bending your knees. Then raise to a standing position. **What muscles are you working?**

_____

4. Lie on your back with your arms behind your head and your knees bent so that your feet are flat on the floor. Keeping your neck straight and your feet on the ground, lift your head and shoulders off of the ground slightly. **What muscle group are you working?**

_____

5. Now, do the same as #4, but as you raise your head and shoulders, twist your body slightly so that you are looking at one knee. Then, lower and raise again to look at the other knee. **What muscle group are you working?**

_____

6. Stand with your feet shoulder-width apart. Raise your body up by rolling on to your tip-toes. Then, lower yourself again. **What muscles are you working?**

_____

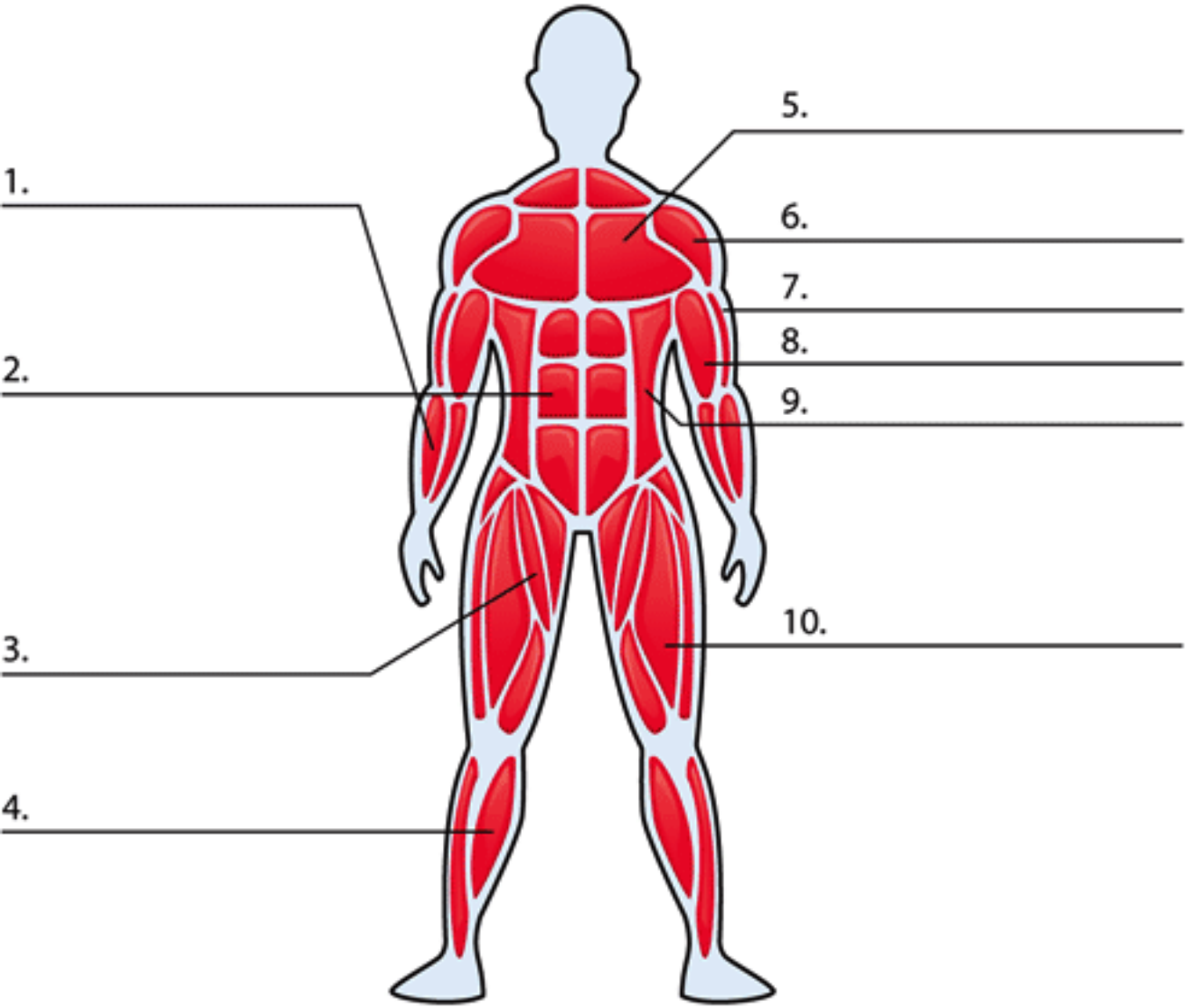
7. Lie flat on your stomach with your knees on the ground. Put your hands flat on the ground next to your shoulders. Keeping your back straight, raise your body by straightening your arms. Then, lower again. **What muscle group in the front of your body are you working?**

_____

HOW THE BODY WORKS

The Muscles

Directions: Print out and label the parts of the muscles.



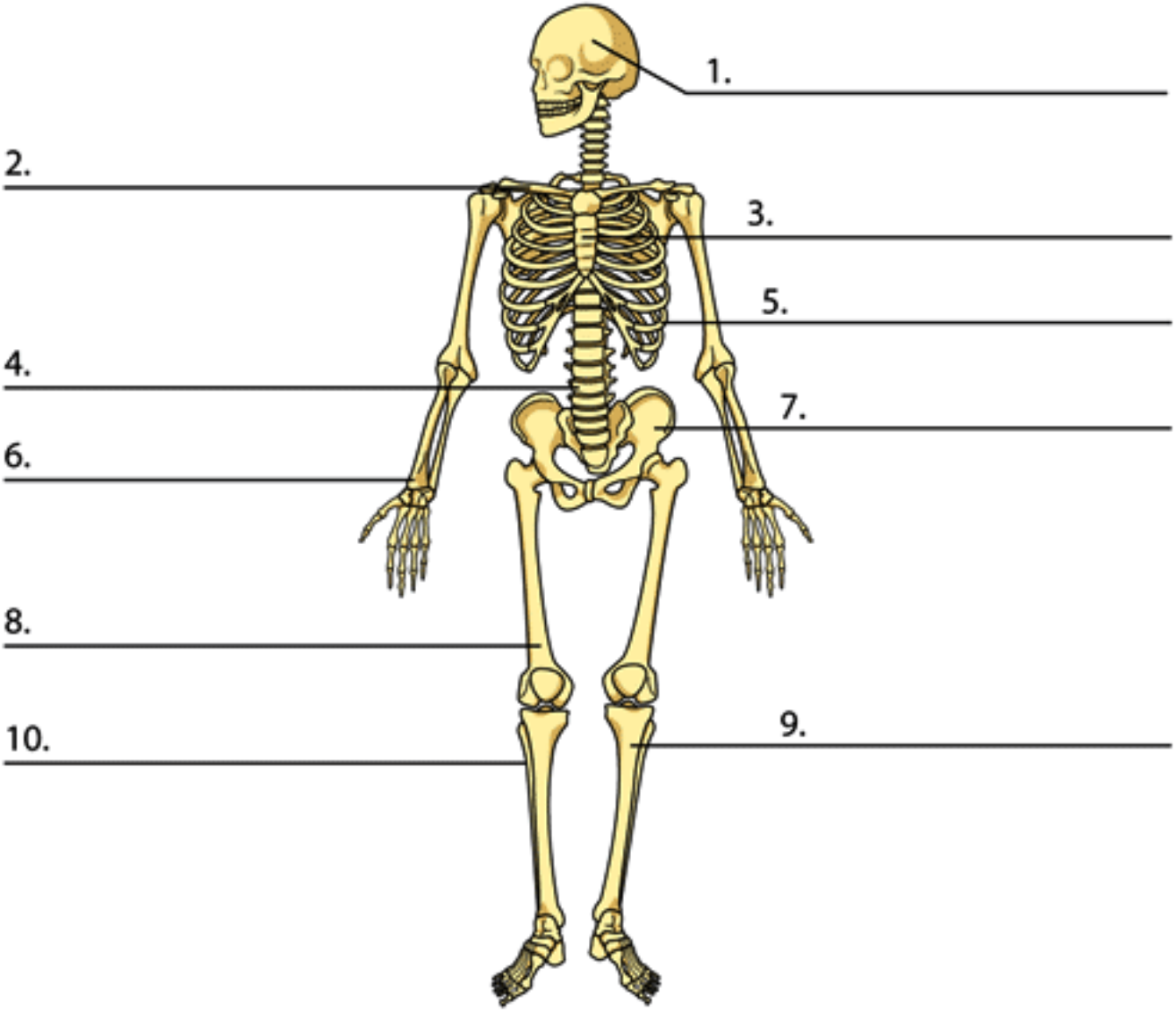
WORD BANK

sartorius	brachioradialis	biceps	quadriceps
rectus abdominus	pectorals	external obliques	gastrocnemius
deltiods	triceps		

HOW THE BODY WORKS

Skeleton

Directions: Print out and label the parts of the skeleton.



WORD BANK

tibia	ilium	radius	fibula
ribs	clavicle	spinal column	sternum
skull	femur		

Respiratory System

Week 8

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Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

Week Eight

Respiratory System

The **RESPIRATORY SYSTEM** is our body's way of **BREATHING.** We breathe in **OXYGEN** and we breathe out **CARBON DIOXIDE.**

Our **RESPIRATORY SYSTEM** has many different parts. One part of our **RESPIRATORY SYSTEM** is even visible on the outside of our body… our **NOSE**. When **BREATHING** we use our **NOSE** to draw air in through our **NARES**. Our **NARES** warm the air that we breathe in. There are also tiny hairs lining our **NARES** and they help to filter our tiny particles, like dust, so we do not breathe it into our lungs. Can you imagine playing football and breathing in dirt, grass particles, or even small bugs? Eww! The **NOSE** and **NARES** are classified as the upper part of our **AIRWAY.**

After we take a breath through our **NOSE** and as it passes through our **NARES**, it then goes passed our **THROAT** (Pharynx), our **VOICEBOX** (Larynx) and into our breathing passage called the **TRACHEA** (Windpipe). The **THROAT, VOICEBOX,** and **TRACHEA** are classified as our lower **AIRWAYS.** The **TRACHE** is like the road that the air follows into our **LUNGS.**

When the air that we breathe in reaches our **LUNGS**, oxygen from that clean air is taken into our bloodstream to be carried throughout our body. When we breathe out after taking a breath in, we are sending out excess gas that our body does not want to use. This gas we breathe out is called **CARBON DIOXIDE**. Our **BROCHUS** is a large airway that leads into our lungs. From there we have smaller branches leading off that are called **BRONCHIOLES.** At the end of the **BRONCHIOLES** are even smaller air sacks and these are called **ALVEOLI.**

When we are participating in physical activity we may notice that our breathing starts to get faster. This is our bodies way of getting oxygen to our lungs to be dispersed and getting rid of the excess carbon dioxide. So let's put our respiratory system to good use and get to moving with some fun physical activities.

Name: _____

Week 8 - Respiratory System

A I R W A Y S B U L V T
I J V O I C E B O X O H
M A L V E O L I U H D R
I W N V T R A C H E A O
B R O N C H I O L E S A
G R S P O X Y G E N U T
B R E A T H I N G K W A
V U B B R O N C H U S I

Find the following words in the puzzle.
Words are hidden → and ↓ .

AIRWAYS
ALVEOLI
BREATHING
BRONCHIOLES
BRONCHUS
NOSE
OXYGEN
THROAT
TRACHEA
VOICE BOX

Digestive System

Week 9

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

Goal: 60 Minutes a Day!

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Monday Date:				
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				

Types of physical activity may include: PE class, recess, sports practice/game, dance, gymnastic, walking the dog, playing outside with friends, riding a bike, plus many more!

TULSA HEALTH Department
School Health Program

TULSA HEALTH Department
School Health Program

It's All About Kinesthetics
Build Your Own Workout
Goal: To build your own workout and do on your own or with family!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Choose a workout type and 3 to 4 workout movements.

Workout Type

15 Min AMRAP	3 Rounds
20 Min AMRAP	4 Rounds
25-20-15-10-5	5 Rounds
21-15-9	6 Rounds
10-9-8-7-6-5-4-3-2-1	7 Rounds
EMOM	8 Rounds
TABATA	9 Rounds
	10 Rounds

Workout Movements

Jumping jacks	Inchworms
Burpees	Flutter kicks
Push ups	Curtsy lunge
Sit ups	Pike push up
Lunges	Elbow plank
Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

Week Nine

Digestive System

Our **DIGESTIVE SYSTEM** is extremely important and made up of several different organs. It is how we digest the food that we consume and use that to fuel our bodies.

Your **MOUTH** is the first stop in our **DIGESTIVE SYSTEM.** It is where chewing occurs and also where the first step of breaking down food and nutrients takes place. Throughout your **MOUTH** there are important glands called **SALIVARY GLANDS**. These glands produce saliva and help in the first phase of food breakdown. Without **SALIVARY GLANDS** chewing and swallowing would be very difficult.

Once we chew our food, the next step is getting it down into our **STOMACH**. We do this by swallowing. When we swallow food, it enters our **ESOPHAGUS** and this is how it get into our **STOMACH**. But the food does not just fall down our **ESOPHAGUS** into our **STOMACH.** Our **ESOPHAGUS** is lined with smooth muscles and those muscles help to push the food all the way down into our **STOMACH**.

Once the food reaches our **STOMACH** it starts to get **DIGESTED**. Our stomach uses acids and enzymes to help break down food. It will use the nutrients from the broken down food to help fuel our bodies. This makes us strong and keeps us healthy if we make sure to fuel our bodies with the right foods.

After our food has been **DIGESTED** enough, our **STOMACH** pushes it down into our **SMALL INTESTINE.** In the **SMALL INTESTINE** the food mixes with more digestive juices that are provided by the **PANCREAS** and **LIVER.** The **GALLBALDDER** also helps in the breakdown of foods here. The **GALLBLADDER** has a main job of storing bile from the **LIVER.** After this process, the food is then pushed further into the **SMALL INTESTINE.** The **SMALL INTESTINE** helps in pulling nutrients from the food mixture to help fuel your body.

After the digested food leaves the **SMALL INTESTINE** it goes into the **LARGE INSTETINE** where excess water is pulled from the digested food and then pushed to the **COLON** to be excreted**.**

Name: _____

Week 9 - Digestive System

U M O U T H Q Y M F Q C
P A N C R E A S A S I O
W I N T E S T I N E S L
G A L L B L A D D E R O
R E S O P H A G U S G N
S T O M A C H Q G R E R
D I G E S T I O N O S T
Z L I V E R G M H K B A

Find the following words in the puzzle.
Words are hidden → and ↓ .

COLON
DIGESTION
ESOPHAGUS
GALLBLADDER
INTESTINES
LIVER
MOUTH
PANCREAS
STOMACH

Respiratory & Digestive System Review

Week 10

TULSA HEALTH Department
School Health Program

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

Goal: 60 Minutes a Day!

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
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It's All About Kinesthetics
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Workout Movements

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Burpees	Flutter kicks
Push ups	Curtsy lunge
Sit ups	Pike push up
Lunges	Elbow plank
Reverse lunge	Wall sit
Squat	Superman
Jump squat	Side lunge
Glute bridge	Bird dog
Bicycle crunches	Triceps dips

Hold It!

DIRECTIONS:

Complete each experiment and record your findings in the chart below.

Experiment 1: Hold your breath for as long as you can. Have your partner time you.

Experiment 2: Breathe normally. Have your partner time you for 30 seconds. Count your respirations (breaths).

Experiment 3: Try to slow your breathing down. Count how few respirations you can take in 30 seconds.

Experiment 4 Run as fast as you can around the playground, school, or track. Make sure the area is safe and free of cars or debris that you could trip over. As soon as you stop running, count your respirations for 30 seconds.

Experiment 5: Lie down for two minutes and try to relax. After two minutes, count your respirations for 30 seconds.

	Experiment 1	Experiment 2	Experiment 3	Experiment 4	Experiment 5
Number of Respirations					

Answer the following questions on the back of this sheet:

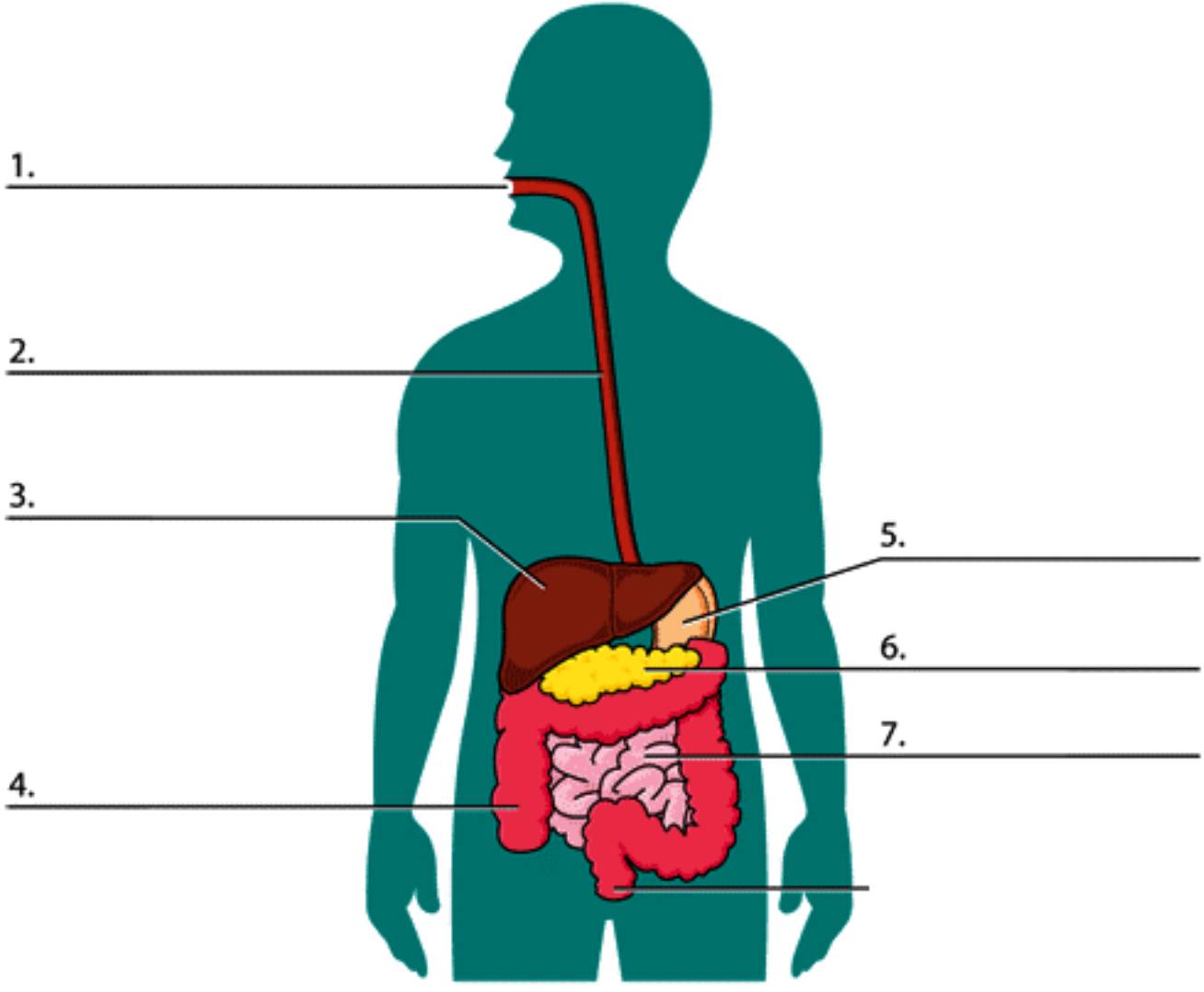
What differences did you see between the four experiments? Do you think you could change the outcome of any of the experiments if you wanted? How?

What other respiratory system experiments can you try? Complete at least two new experiments and record your findings.

HOW THE BODY WORKS

The Digestive System

Directions: Print out and label the parts of the digestive system.



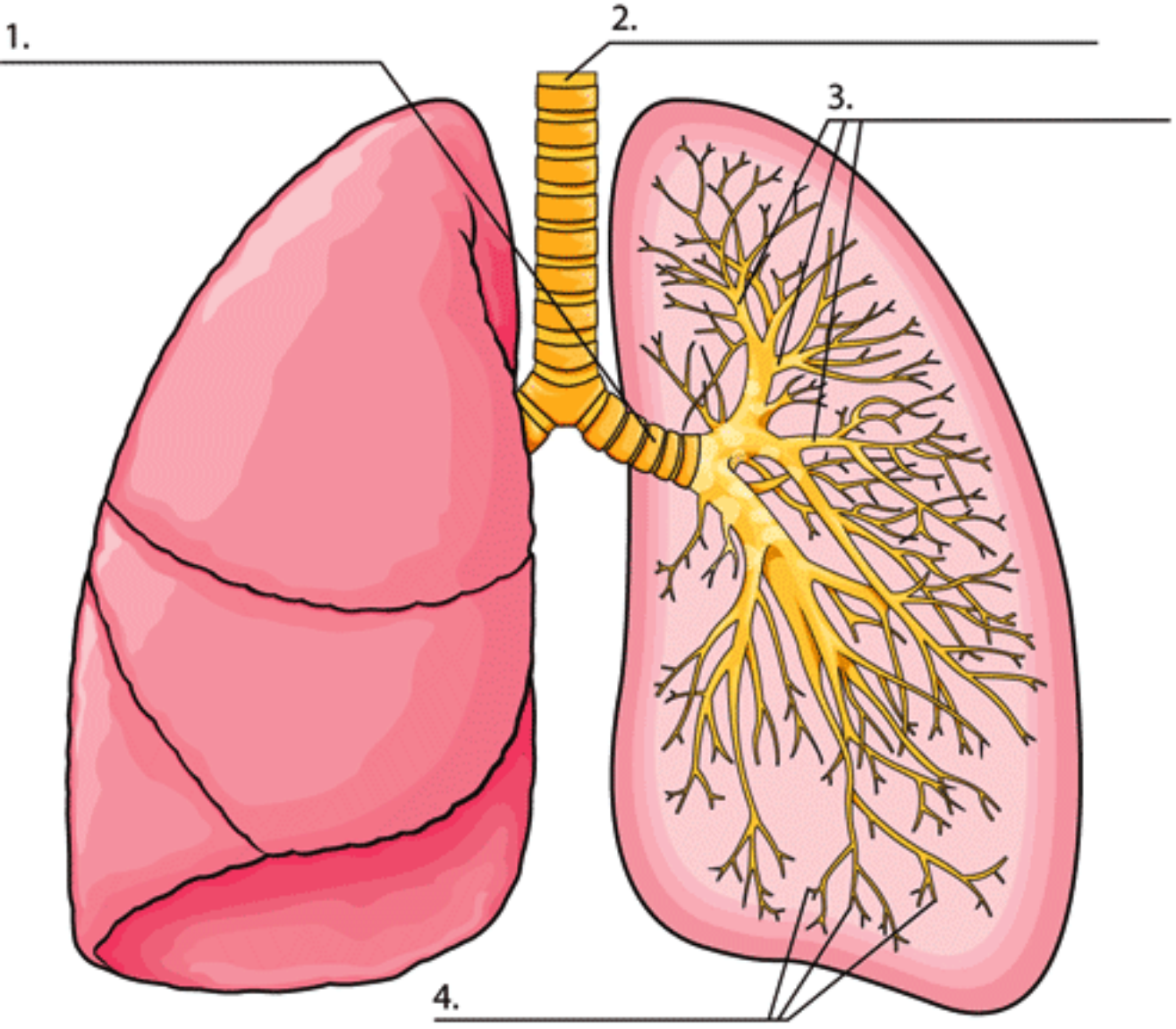
WORD BANK

pancreas	large intestine	esophagus
liver	small intestine	stomach
	mouth	

HOW THE BODY WORKS

The Lungs

Directions: Print out and label the parts of the lungs.



WORD BANK

alveoli
bronchioles
trachea
bronchus

Review

Week 11

It's All About Kinesthetics Weekly Physical Activity Log

Student Name: _____ Grade:_____ Week (circle one): 1 2 3 4 5 6 7 8 9 10 11 12

Goal: 60 Minutes a Day!

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
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Thursday Date:				
Friday Date:				
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Squat	Superman
Jump squat	Side lunge
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Bicycle crunches	Triceps dips

Body Systems Review

The main part of our circulatory system is an important muscle that pumps blood all throughout our body. This muscle is called the _____. Our bodies have lots of different muscles that have different jobs to help our body function properly. Our bodies are made up of about ____ muscles. Our muscles are great, but what about our bones? Without our skeletal system we would just be a blob of muscles. Our skeletal system is made up of ____ different bones. Our skeletal system is very important in helping move our bodies and in protecting our organs. Our _____ protects our brain and our _____ protects our lungs. Remember learning about our lungs? Our lungs are part of the _____ system. Our lungs have a muscle around it to help us breathe. That muscle is called the _____. Our respiratory system is what we use to breathe in oxygen from the air. The _____ system is a system in our body that helps different parts of our body communicate. It helps send signals to and from our _____ that tells our body to do something.

The _____ system starts at the mouth. This is the system that helps us break down our food so that our bodies have the nutrients they need to survive. _____ helps breakdown the chemicals in our food and makes it easier to swallow. Great Job reviewing, our bodies sure are _____!

Place the correct numbers in the blank spaces.

1. Brain
2. Respiratory
3. Nervous
4. Digestive
5. Skull
6. Skeletal
7. Muscular
8. Heart
9. 700
10. Saliva
11. 206
12. Rib Cage
13. Diaphragm
14. Amazing

National Physical Education Standards:
Standard 1
Standard 3
Standard 4
Standard 5

Oklahoma Academic Standards – Physical Education:
S1.E26
S3.E1, S3.E3, S3.E4, S3.E5
S4.E1, S4.E2, S4.E6
S5.E1, S5.E2, S5.E3, S5.E4

National Health Education Standards:
6.5.1
7.5.1

Oklahoma Academic Standards - Health:
6.5.1
7.5.1

CASEL Competencies:
Self-Management
Responsible Decision-Making
Relationship Skills

Resources:

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