









Lesson 4: Exercise & Energy Balance

	Skill Objectives	<ul style="list-style-type: none"> • Create a list of habits that improve individual health such as getting enough sleep, eating nutritious foods, and exercising. • Practice creating and implementing healthy habits that include going to bed at an appropriate time and waking up on time for school.
	Big Idea	Energy balance means getting the right amount of healthy GO foods, exercise, and sleep. Eating the right foods is a really important part of making sure we have enough energy to keep our minds and bodies healthy, but there's more to it than that!
	Discussion	<ul style="list-style-type: none"> • How can you add more GO activities to your day? • How can you make sure you are getting enough sleep?
	Engage	<p>Activity: Body Clues</p> <p>By responding to prompts with physical activity, students discover how their body lets them know when they are doing a GO activity.</p>
	Review & Reflect	Why is it important to have energy balance with GO foods, GO activities, and sleep?
	Grade-Level Differentiation	<p>Kindergarten Help K students identify habits that help individuals stay healthy such as getting the proper amount of sleep and daily physical activity.</p> <p>1st Grade Ask first graders to describe habits that improve individual health such as getting enough sleep, eating nutritious foods, and exercising.</p> <p>2nd Grade Ensure second graders can identify the benefits of establishing healthy eating and physical activity habits that will last a lifetime.</p>



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