



♥ HEALTHY START FITNESS FUN ♥

ACTIVITY 4

Stretch and Bend

Teach the song (to the tune of *Twinkle, Twinkle, Little Star*)

*I can stretch and I can bend
On my own or with a friend.
Exercise keeps my heart strong
Keeps me healthy all day long.
When I want to feel just right
I exercise each day and night!*

Have the children sing the song while stretching their arms up to the sky and bending over and touching their toes on the floor. Explain that this is a way to get the heart and lungs and all the muscles in the body ready to do an exercise.

- Teach the aerobic exercise routine. When the children have learned the steps add any music that has a four count beat and do the routine all the way through.

Jumps

Jumping Jacks 8x
Jumping side to side (feet together) 8x
Jumping Jacks 8x
Jumping side to side (feet together) 8x

Walks

Walk forward 4 steps
Walk backward 4 steps
Walk forward 4 steps
Walk backward 4 steps

Stretching

Reach up (1 count)
Reach forward (1 count)
Touch toes
Clap