Lesson 3b: Garden Movement Activities

Concept: Students will engage in physical activities that are related to gardening.

Objective: After participating in this lesson, students will be able to:

- Understand that gardening is a good source of physical exercise
- Demonstrate competency in motor skills
- Work in a collaborative effort with others

Lesson:

1. Take the students outdoors for the following lesson. Engage students in a discussion about physical exercise. Explain that their bodies get the energy to exercise and move from the foods that they eat. Healthy foods like the ones being planted in the garden give them the needed fuel to move their bodies in different ways. Have the students demonstrate ways that they can move their bodies. List the ways that the students are moving. Then have the students determine what kinds of physical outdoor activities use the movements or actions that they suggested. (ex/ soccer – kick, run or hopscotch – hop, jump) Ask the students if they have ever thought of gardening as exercise. Have the students demonstrate ways that they would move their bodies if they were gardening.

2. Discuss the benefits of being outdoors and the importance of connecting with nature (sunlight, fresh air and oxygen from the plants) Have the students observe where they are standing using their senses (what do they see beneath their feet, how does it feel, what kinds of sounds do they hear)

3. Get the students involved in movement activities related to concepts in the garden. Introduce the Garden Movement Activity Cards to the students. (The cards can be attached to popsicle sticks and placed in planting pots with soil) The activities can be organized in various ways, such as, stations or as a whole group. The Warm & Cool Weather Crop Cards can be used to organize students into relay groups or to mark the stations (ex/carrot group and lettuce group or beet station and potato station).

4. After the activities have the students respond on how they feel and what their energy levels are like. Do they notice a difference of how they feel when they are outdoors. Review with the students why exercise is so important for the body and how gardening is a great choice.

GPS: Physical Education Focus
Grade 1: PE1.1, PE1.5
Grade 2: PE2.1, PE2.5

Materials Needed:
- Chart paper
- Garden Movement Activity Cards
- Popsicle sticks
- Pots
- Soil
- Outdoor space
- Warm & Cool Weather Crop Cards
- Equipment (refer to each activity card for appropriate equipment)

Time: 30 min

Vocabulary:
- gardening
- exercise
- energy
- outdoors
### Garden Charades

Act out garden words and have others guess what it is. Use the gardening words from the Garden Movement Vocabulary lesson.

### Seed, Seed, Sprout

Play like Duck, Duck, Goose substituting the words for Seed, Seed, Sprout.

### Simon Says

Say a garden movement for others to do. If someone does the movement without Simon Saying so they are out of the game.

### Hot Potato

Use a real potato or an object to represent one. Choose a caller to close their eyes as the potato is being passed around a circle. Whoever is holding the potato when the caller says stop is out of the game. The game continues until everyone is out.

### Digging Station

Set up an active digging station outside. Provide various digging tools such as shovels and rakes to practice skills utilized in gardening.

### Seed Movers

Split up into relay groups. There are two different ways that this activity can be done. The first way is to blow the cotton ball across the finish line using your breath. The second way is to balance a cotton ball on a spoon and walk it to the finish line.
Bean Bag Balance & Toss
Walk across a beam in many directions while balancing a bean bag on head. At the end practice tossing the bean bag at a target or in a container.

Wheelbarrow Races
Split up into relay groups. Partner up with someone on your team. One will be the wheelbarrow sustaining their weight with their hands. The other will hold their legs up. Walk with your hands down to the finish line.

Plant Part Relay
Create plant part containers (2 sets: paper plates or shoeboxes) and place a plant part label on each one (roots, stems, flowers, leaves, seeds, fruits). Split up into relay groups. Each group receives a set of crop cards. Each member will run a card down to the containers and place the plant in the appropriate plant part container.

Above ground or Under ground?
Stretch out a jump rope and raise it to a point where it is possible to jump over and crawl under. Display a crop card and decide whether this is a crop that grows above ground or under ground by demonstrating the appropriate movement.
above: jump over
under: crawl under
Can you Jump as Far as a Cricket?

Crickets are able to jump up to twenty or thirty times their body length, which is about three feet in the air. Use measuring tape or a yard stick. Place a cricket picture at the greatest length point that they can jump. Take turns seeing how far you can jump in comparison to a cricket.

Bee Dance

Tape flower cutouts on cones. Make necklaces using string and bee pictures. Wear a bee necklace and move around the cones in using various patterns and movements like bees. Discuss pollination and the roles that bees play.

Use the cricket picture with the activity Can You Jump As Far As A Cricket?
Use the bee and flower pictures with the activity Bee Dance.
Use the plant part words to label containers for the activity **Plant Part Relay**. Use the Warm & Cool weather crop cards to sort into containers.

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<tr>
<th>stems</th>
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<tr>
<td>fruits</td>
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