



Move It or Lose It (🧠 A Physical Health Story)
(4th Grade – 9-10 yrs.)
Physical Activity: Move Your Muscles



STORY CONNECTION – SLIDE 2 (Approx Time: 10-15 mins)

Our bodies are made of lots of muscles and muscles move our body, so it makes sense that we are supposed to move. This story will describe how moving our body is important for our bodies and our brains to stay healthy.

Materials needed:

- True/False Designated Areas
- Space for student(s) to move
- List of Animal Facts

Preparation needed:

- Select and secure a designated area (indoor or outdoor)
- Label areas in the space as either True or False.
 - Have more than one area for each so student(s) can choose from various locations to move to depending on the way they choose to move.
- Determine if you will use the animal facts below or use your own

Instructions:

1. This activity will get student(s) thinking about muscles, movement, and more.
2. Before starting, discuss ways student(s) can move around from place to place for this activity.
 - Ideas include walking, running, hopping, skipping, jumping, galloping, sashaying, etc.
3. Explain to student(s) that a statement about muscles will be read aloud. If student(s) think the statement is true, they will move to one of the “true” areas. If student(s) think the statement is false, they will move to one of the “false” areas. The catch is student(s) need to choose a different way to move each time a new statement is read. For example, if a student runs for the first statement, they cannot run to the second. They must go a different way. To make it more of a challenge, student(s) must do three unique movements before repeating a movement.
***NOTE: Feel free to use one of the statements as an example if that is best for your student(s). ***
4. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
5. Begin by reading the first statement and have student(s) move.
6. Before moving on to the next statement, discuss the current statement so student(s) are clear on the answer and understand the concept.

7. In closing, remind student(s) that our bodies are made of lots of muscles and muscles move our body, so it makes sense that we are supposed to move. In this story, they will learn how moving our body is important for our bodies and our brains to stay healthy.

Muscle Statements Credit:

<https://www.cabarrus.k12.nc.us/site/handlers/filedownload.ashx?moduleinstanceid=68833&dataid=265555&FileName=Muscles%20-%20Workbook.pdf>

Animal Facts:

- a. There are over 1,000 muscles in your body. **False**. There are over 600 muscles in the body.
- b. Skeletal, or voluntary, muscles are the muscles you can control. **True**. You can control your skeletal muscles to walk, run, pick up things, play an instrument, throw a baseball, kick a soccer ball, push a lawnmower, or ride a bicycle.
- c. Ligaments connect muscles to bones. **False**. Ligaments connect bones to other bones. Tendons connect muscles to bones.
- d. Your heart is a muscle. **True**. The heart is a special muscle called “cardiac muscle.” It works constantly to pump blood through your body.
- e. A muscle gets strained when it is stretched too much. **True**. Muscles can be strained by stretching them too much, as when you lift something that is too heavy.
- f. A sprain happens when a tendon is stretched too much. **False**. Sprains happen when ligaments (which connect bones to bones) are stretched too much. A stretching injury to a tendon (which connects a muscle to a bone) is called a strain.
- g. Muscles that are not used can get smaller and weaker **True**. If a muscle is not used, it will get smaller and weaker. This is known as atrophy.
- h. You do not need more than 30 minutes of physical activity every day. **False**. You should get at least 60 minutes of exercise every day. It does not have to be a whole hour all at once, but it does need to be in at least 10-minute increments to count toward your 60 minutes of physical activity per day.
- i. If something hurts when playing sports, you should play through the pain, and it will go away. **False**. If something starts to hurt, stop playing or exercising. You might just need to rest the injured part, or you might need to see a doctor.