



**Move It or Lose It (🧠 A Physical Health Story)**  
**(4<sup>th</sup> Grade – 9-10 yrs.)**  
**Game: Walk, Run, Jump**  
**Group Activity**



**STORY CONNECTION – SLIDE 6 (Approx Time: 25-30 mins)**

When it comes to your muscles, it is “use it or lose it.” When you do not use your muscles, they get smaller and weaker. Even in hospitals, when people must stay in bed, they still have someone come in to move their bodies so that the muscles can be used so that the patient will still be able to move when they get out of bed. A whole field of science called “physical therapy” is about helping people to move their bodies after some sort of injury. It teaches people how to make their muscles stronger. You need to use your muscles, move your body, so that you do not lose the ability to move or balance. So, a good thing to remember is Move It or Lose It.

**Materials needed:**

- Recording sheet (included below)
- Pencils
- Stopwatch, clock or watch with second hand, timer
- Large indoor or outdoor space

**Preparation needed:**

- Select and secure space for game
- Determine student teams
  - Try to have the same number of students on each team
  - If teams numbers are uneven, team members will have to go twice to balance out the difference in team members.
- Decide on a starting line, designated distance students must go, and a turnaround line prior to beginning the races.
- Print recording sheet (1 per team)

**Instructions:**

1. This activity will encourage students to “move it” so their relay team does not “lose it.”
2. Before starting, review voluntary and involuntary muscles. Tell students skeletal muscles are voluntary muscles, meaning we have control over their movements. Involuntary muscles
  - Voluntary muscles are the skeletal muscles of the body that attach to bones and control movement of the limbs, head, neck, and body under conscious control. We have control over the move over the movement of our voluntary muscles.

- Involuntary muscles are smooth muscles that are not under conscious control. Their contraction and relaxation are regulated by the autonomic nervous system, which controls the activity of organs and blood vessels needed for essential daily functions, such as heartbeat regulation, circulation, breathing, digestion, and urination.

(<https://www.verywellhealth.com/voluntary-muscles-5199032>)

3. Practice some voluntary movements:
  - Reaching up as high as they can towards the ceiling
  - Touching their toes
  - Hopping on two feet
  - Hopping on one foot
  - Wiggling their toes
4. Explain to students they will be in teams to complete four different relay races. The four activities are hopping, jumping, walking forward, and walking backward. Show students the start/finish line and the point to turn around at. The first student will start, go the designated distance, turn around, come back, and tag the next person to go. This will go on until all members of the group (except the timekeeper/recorder) have completed the task.
5. Go over jobs of the team members:
  - One person in the group will be the timekeeper and recorder. (This can change with each relay.)
  - The others will be completing the physical activities.
6. Put students in teams.
7. Allow them to choose their jobs.
8. Pass out the recording sheet and stopwatch to the Timekeeper.
9. Ask students if they have any questions or need any clarification. Clear up any misunderstandings.
10. Begin the first relay.
11. Confirm that all times were recorded on the recording sheet.
12. Repeat for the following three relays.
13. Once all four relay races have been completed, the team will work together to calculate the total time as well as the reflection questions.
14. In closing, come together as a group to discuss the results, making sure to include the following questions:
  - a. What were your team's strengths?
  - b. What were your team's weaknesses?
  - c. How could you improve next time?
  - d. What type of muscles did you use?
  - e. What was your team's fastest race?
  - f. What was your team's slowest race?
  - g. Which group had the lowest time overall?
  - h. What do you think would happen if you did these relays every day?

Game Credit: [https://www.teachengineering.org/activities/view/cub\\_human\\_lesson02\\_activity1](https://www.teachengineering.org/activities/view/cub_human_lesson02_activity1)

## Hop, Jump, Walk Relay Recording Sheet

Names:


Hopping On 1 Foot

Hopping Start Time:
Hopping End Time:
Hopping Total Time:

Jumping On 2 Feet

Jumping Start Time:
Jumping End Time:
Jumping Total Time:

Walking Forward

Walking Forward Start Time:
Walking Forward End Time:
Walking Forward Total Time:

Walking Backward

Walking Backward Start Time:
Walking Backward End Time:
Walking Backward Total Time:

Fastest Race? \_\_\_\_\_ Time? \_\_\_\_\_

Slowest Race? \_\_\_\_\_ Time? \_\_\_\_\_

Total Time For All 4 Races? \_\_\_\_\_