



**What Is Physical Health All About? (🌈 A Physical Health Story)
(PreK – 4-5 yrs.)
Physical Activity: Inside Out**



STORY CONNECTION-SLIDES 3-4 (Approx Time: 10-15 mins)

Your body is made of lots of different parts. Some of the parts of your body are on the outside. Your body is made up of arms, hands, legs, feet, and your head. These are all the things that you can see with your eyes. We have talked about parts of the body that you can see with your eyes, but there are also some parts of your body that you cannot see. Some parts are on the inside of your body. Inside your body is your stomach, heart, muscles, etc.

Materials needed:

- Space to have two designated areas- “Inside” and “Outside”

Preparation needed:

- Secure a space for the activity

Instructions:

1. In this activity, student(s) will physically move to one side of the room or the other to show if they think a body part is inside the body or outside the body.
2. Designate one side of the space “Inside” and the other side of the space “Outside.”
3. All student(s) will start in the center of the space.
4. Explain to the student(s) that you will call out the name of a body part.
5. When they hear the body part, they will think and decide if the part is inside the body or outside the body.
6. Once they decide, they will move to the “inside” area of the space if they think that body part is inside the body or to the “outside” area of the space if they think that the body part is outside the body. They can stay in the center if they are “not sure.”
7. Demonstrate for the student(s).
For example, everyone will be standing in the center of the space. If I shout out the word “arms”, I think my arms are outside my body. I can see them right here! (Wave your arms.) I will move to this side of the room because it’s the “outside.”
8. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
9. Ask all student(s) to stand in the center of the space.
10. Begin by call out the word “stomach.” Student(s) should move to the “Inside” area of the space.
11. Have student(s) point to where the stomach is located. All student(s) move back to the center of the space.
12. Continue with other body parts including head, heart, hands, legs, brain, feet, lungs, etc.
13. Call out “muscles” last and use this as either a lead in or review to talk about how muscles allow us to move and moving is part of physical health which keeps our brain healthy.