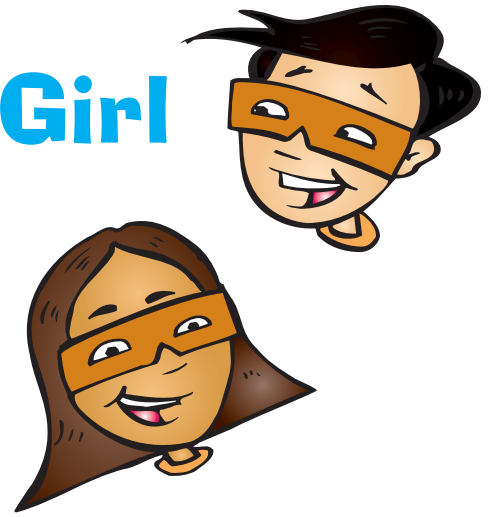


PHYSICAL ACTIVITIES

Grades K-2 & 3-5

Getting Strong with Grain Boy and Grain Girl



Preparation:

1. Download and cut out activity cards.
2. Put activity cards in a bag or box.

Equipment: None

Space: Classroom or gym

Directions:

1. Have students stand next to their desks or in an open space so they do not bump into each other.
2. Explain that Grain Boy and Grain Girl are going to lead them in some fitness activities.
3. Have students take turns picking activity cards from the bag or box.
4. Read the card or have the student read the card.
5. Lead the class in the activity.
6. Choose as many activities as you wish.
7. Vary the length of time of the activities according to your classroom.

Variations: Have students make up their own rhymes and activities.



**Grain Girl has
a happy face
when she sees you
run in place!**



Run in place.

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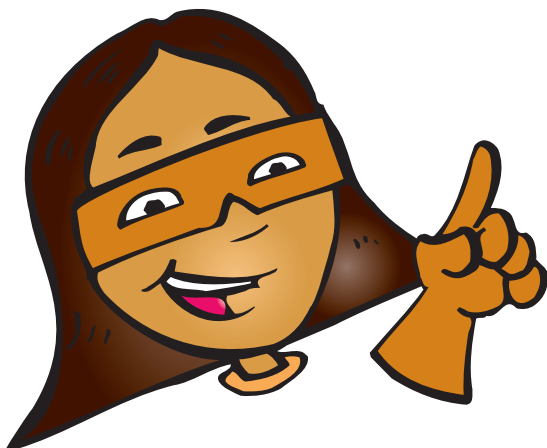
**Grain Boy knows you
like to play.
Have you done
your jog today?**



Jog in place.

© 2012

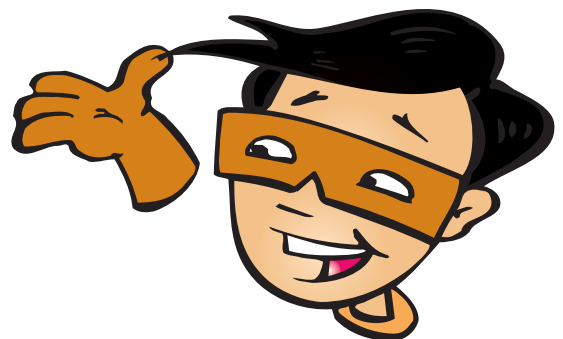
**Grain Girl says,
“Today I hope that
I will see you
jumping rope!”**



Pretend to jump rope.

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**Grain Boy says,
“One great way
to be fit and trim
is to go for
a nice long swim!”**



**Pretend to swim
using your arms.**

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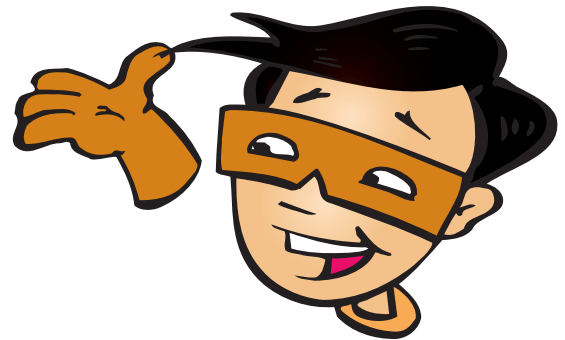
Grain Girl likes to eat whole grain snacks and to see you doing jumping jacks!



Do jumping jacks.

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Grain Boy says, "Here's the call. Do arm circles both big and small!"



Do large arm circles and small arm circles.

© 2012

Grain Girl wants you all to try to stretch your hands up to the sky.



Stretch and reach your arms.

© 2012

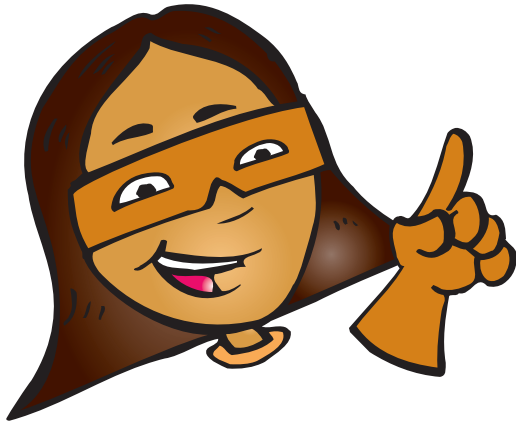
Grain Boy says, "Pretend to float on a lake and row a boat!"



Pretend to row a boat.

© 2012

**Grain Girl says,
“Now follow me
and start to march
now, one, two, three!”**



March in place.

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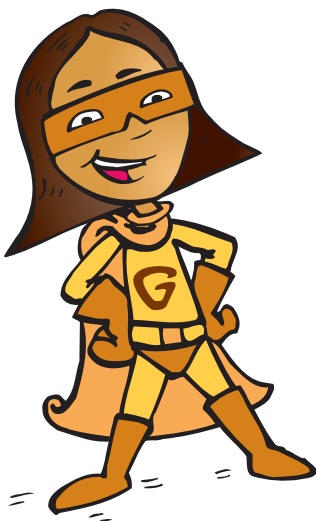
**Grain Boy says
to have fun trying to
act like a bird and
pretend you’re flying.**



**Move your arms up
and down as if you are
flying.**

© 2012

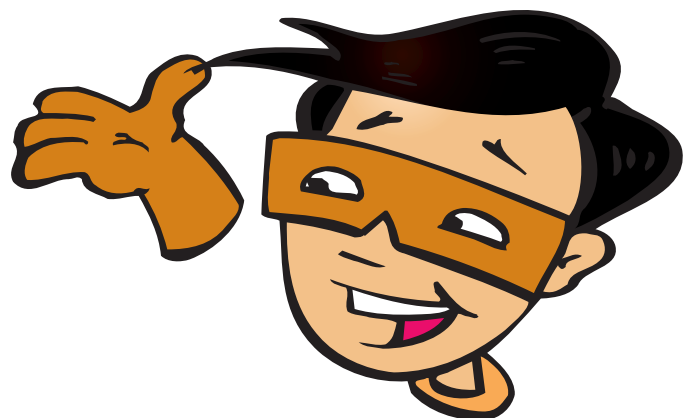
**Grain Girl wants to see
you reach high and low!**



**Reach your arms up
high, then bend down to
touch your toes.**

© 2012

**Grain Boy says, “Let me
see you spin around like
the merry-go-round on
the playground.”**



Spin around two times.

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