

12 Days of Fitness

Pillar: Healthy Eating and Active Living

Division: I

Grade Level: 2

Core Curriculum Connections: Math and L.A.

I. Rationale: This activity allows children to enjoy learning about ways to keep their bodies fit and healthy while integrating the concept of ordinal numbers. Using a modified version of a popular holiday song, children learn the words and accompanying actions for "**The 12 Days of Fitness**". Students will then create their own healthy renditions of this song to share and perform with the rest of the class.

II. Activity Objectives:

Students will be able to:

- participate in physical activity to strengthen number recognition, position, and sequencing.

III. Curriculum Outcomes: Math and LA

Math - Number	Language Arts
<p>General Outcome Develop number sense.</p>	<p>General Outcome 4 Students will listen, speak, read, write, view and represent to enhance the clarity and artistry of communication.</p>
<p>Specific Outcome: 3. Describe order or relative position, using ordinal numbers (up to tenth). [C, CN, R]</p>	<p>Specific Outcomes: 4.1 Enhance and Improve Enhance artistry · choose words, language patterns, illustrations or sounds to create a variety of effects in oral, print and other media texts Present information · present ideas and information by combining illustrations and written texts</p>

IV. Materials:

- handout the sample lyrics for "The 12 Days of Fitness" (one per student)
- templates for booklet (attached)
- ordinal number line for display or written on the board

V. Procedure:

- Music and songs can teach us a lot about numbers. Can you think of some songs that help you to learn about numbers? Discuss some obvious examples such as: "The Ants Go Marching", "This Old Man" etc.
- Tell students that you are going to be using a popular Christmas song to learn about ordinal numbers.

3. Challenge students to try to remember the all of the lyrics for "The 12 Days of Christmas" and then sing it together to review the pattern and discuss the ordinal numbers from 1-12.
4. After reviewing the pattern of the song, introduce a new and healthy version: **"The 12 Days of Fitness"**. Explain that this version of the song talks about different gifts that we can give ourselves in order stay healthy. Ask students to think about all the different things that they do each day that help to keep their bodies and minds healthy and strong. Provide some of your own examples to get them started (eating well, getting a good night's sleep, exercising etc.) List student responses on the board.
5. Write the lyrics on the board and review them together with your students, discussing how each action helps to keep our bodies and minds fit and healthy.
6. Teach the students some actions to go along with the lyrics or have them help you come up with actions to assign to each line of the song.
7. Point out the order of the lines and ask them what they notice about the numbers. Introduce what an ordinal number is and talk about how they are used in this song to demonstrate relative position and order.
8. Display a large ordinal number line on the wall or board and have students illustrate pictures to correspond to the various lines of the song, "The 12 Days of Fitness". Have them attach their pictures to the number line arranging them in the correct order.
9. Using the templates provided, have students create mini-books with their own renditions of "The 12 Days of Fitness". They may use the lyrics provided or choose their own healthy activities and habits to go along with each number. Students should draw a picture that represents each line of the song. Then, students can take turns sharing their stories, teaching the rest of the class the actions, and then performing the song together.

The Twelve Days of Fitness

- 1. On the 1st day of fitness, I gave my body, a deep breath to calm me.**
- 2. On the 2nd day of fitness, I gave my body, 2 healthy snacks, and a deep breath to calm me.**
- 3. On the 3rd day of fitness, I gave my body, 3 square meals, 2 healthy snacks, and a deep breath to calm me.**
- 4. On the 4th day of fitness, I gave my body 4 whole grains, 3 square meals, 2 healthy snacks, and a deep breath to calm me**
- 5. On the 5th day of fitness, I gave my body, 5 fruits and veggies, 4 whole grains, 3 square meals, 2 healthy snacks, and a deep breath to calm me.**
- 6. On the 6th day of fitness, I gave my body, 6 jumping jacks, 5 fruits and veggies,**
- 7. On the 7th day of fitness, I gave my body, 7 days of exercise, 6 jumping jacks,**
- 8. On the 8th day of fitness, I gave my body, 8 glasses of water, 7 days of exercise,....**
- 9. On the 9th day fitness, I gave my body, 9 hours of sleep, 8 glasses of water,.....**
- 10. On the 10th day of fitness, I gave my body 10 second time outs, 9 hours of sleep,....**
- 11. On the 11th day of fitness I have my body, 11 big smiles, 10 second time outs,**
- 12- On the 12 day of fitness I gave my body, 12 belly laughs, 11 big smiles, 10 second time outs....**

Student Templates

12 Days of Fitness (with lyrics)

**On the 1st day of fitness, I gave my body
A deep breath to calm me**

**On the 2nd day of fitness, I gave my body, 2
healthy snacks**

On the 3rd day of fitness, I gave my body, 3 square meals

On the 4th day of fitness, I gave my body, 4 whole grains

On the 5th day of fitness, I gave my body 5 fruits and veggies

On the 6th day of fitness I gave my body, 6 jumping jacks

**On the 7th day of fitness, I gave my body
7 days of exercise**

**On the 8th day of fitness, I gave my body
8 glasses of water**

**On the 9th day of fitness, I gave my body
9 hours of sleep**

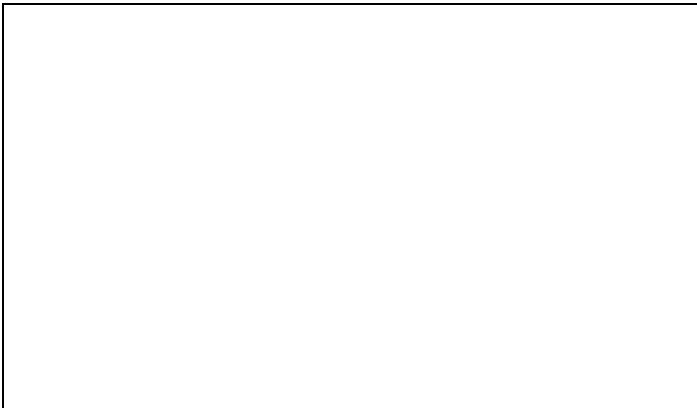
**On the 10th day of fitness, I gave my body
10 second time-outs**

**On the 11th day of fitness, I gave my body
11 happy smiles**

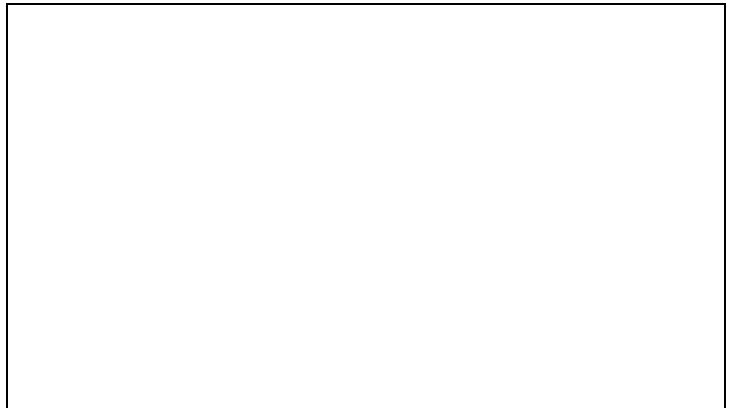
**On the 12th day of fitness, I gave my body
12 belly laughs**

12 Days of Fitness (blank templates)

On the 1st day of fitness, I gave my body



On the 2nd day of fitness, I gave my body



On the 3rd day of fitness, I gave my body



On the 4th day of fitness, I gave my body



On the 5th day of fitness, I gave my body

On the 6th day of fitness I gave my body

On the 7th day of fitness, I gave my body

On the 8th day of fitness, I gave my body

On the 9th day of fitness, I gave my body

On the 10th day of fitness, I gave my body

On the 11th day of fitness, I gave my body

On the 12th day of fitness, I gave my body
