

Objective

By the end of this lesson, the student will be able to understand the importance of physical fitness in the construction industry and engage in physical activities related to construction.

Materials and Prep

- Construction-themed picture cards (e.g., pictures of tools, construction vehicles, safety equipment)
- Open space for physical activities

Activities

1. Warm-up: Construction Obstacle Course

Create an obstacle course using objects like cones, hula hoops, and ropes. The student should navigate through the course by pretending to be a construction worker, overcoming different challenges and obstacles.

2. Construction Tool Relay Race

Divide the student into teams. Place construction-themed picture cards (tools) at one end of the playing area. The student will run to the cards, pick one, and bring it back to their team, explaining what the tool is used for in construction. The team with the most correct answers wins.

3. Building Balance

Using a balance board or a makeshift balance beam (e.g., a long piece of wood), the student can practice their balance skills while pretending to construct a building. Encourage them to imagine walking on beams or scaffolding.

Second Grade Talking Points

- "Construction workers build houses, buildings, and roads."
- "They use different tools like hammers, screwdrivers, and wrenches to put things together."
- "Construction workers need to be strong and fit to do their jobs well."
- "They often have to carry heavy materials and climb ladders."
- "Safety is very important in construction. Workers wear helmets, gloves, and safety vests to protect themselves."