

Objective

By the end of this lesson, the Fourth grade-level homeschool student will be able to understand the importance of physical activity and apply it through creative Lego exercises.

Materials and Prep

- Lego bricks
- Open space for movement
- Timer or stopwatch

No prior knowledge or preparation is required.

Activities

1. Warm-up: Build and Balance

Have the student build a tower using Lego bricks. Once the tower is built, challenge them to balance on one foot while keeping the tower intact. Set a timer to see how long they can maintain their balance. Repeat the activity with the other foot.

2. Strength Training: Lego Squats

Instruct the student to hold a Lego brick in each hand. Guide them through a set of squats, making sure they maintain proper form. Encourage them to focus on their leg muscles and the importance of strength for physical activities.

3. Cardio Challenge: Lego Relay

Set up a start and finish line in the open space. Divide the Lego bricks into two equal piles near the start line. Have the student run to the pile, pick up one brick, and run back to the start line to place it down. Repeat until all the bricks are transferred to the finish line. Time the student and encourage them to beat their previous record.

4. Cool Down: Lego Yoga

Guide the student through a series of gentle stretching exercises inspired by Lego shapes. For example, they can stretch their arms up like a Lego tower, or fold forward into a "Lego brick" shape. Encourage them to focus on their breathing and relaxation.

Fourth Grade Talking Points

- "Physical activity is important for our overall health and well-being."
- "Exercise helps to keep our muscles and bones strong."
- "By doing physical activities, we can improve our balance and coordination."
- "Cardiovascular exercises, like running, help to strengthen our heart and lungs."
- "Stretching and relaxation exercises, like yoga, can help us feel calm and reduce stress."
- "Lego can be a fun way to incorporate physical activity into our daily routine."
- "Remember to always warm up before exercising and cool down afterwards to prevent injuries."
- "Challenge yourself to beat your own records and have fun while being active!"