

Common Core Standards

Lesson Plan:

- **K.W.2:** Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.

Print Concepts and Fluency:

- **K.RF.1a:** Follow words from left to right, top to bottom, and page-by-page.
- **K.RF.1b:** Recognize that spoken words are represented in written language by specific sequences of letters.
- **K.RF.1c:** Understand that words are separated by spaces in print.
- **K.RF.4:** Read emergent-reader texts with purpose and understanding.

Practice Exercises:

- **K.L.2c:** Write a letter or letters for most consonant and short-vowel sounds.
- **K.CC.1:** Count to 100 by ones and 10s

Active Learning:

- **CC.K-12.MP.6:** Attend to precision.

Printable Book:

- **K.RF.1a:** Follow words from left to right, top to bottom, and page-by-page.
- **K.RF.1b:** Recognize that spoken words are represented in written language by specific sequences of letters.
- **K.RF.1c:** Understand that words are separated by spaces in print.



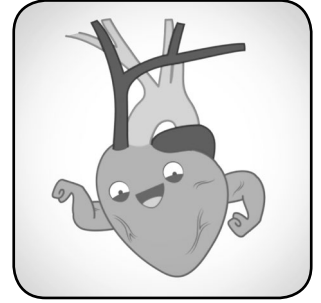
Common Core Lesson Plan

“Exercise is Good for Your Heart”

Grade: K

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- **K.W.2:** Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.



Materials Needed:

- “Exercise is Good for Your Heart” video episode, computer, Wi-Fi connection, “Comic Book” pages, crayons, pencils

Preparation:

- Familiarize yourself with the lesson, video, and the related fluency passage.
- Gather the needed materials in an appropriate area.

Breaking it Down:

- Watch the video, “Exercise is Good for Your Heart.”
- Use the fluency passage to reinforce the lesson theme and goals.
- Complete the lesson.

Lesson:

1. After watching the video lesson, hand out the “Comic Book” pages.
2. Guide the students through the sentence starters and encourage students to sound out words as needed.
3. Once the students have finished writing in the sentence starters, allow them to draw pictures that correspond with the writing.
4. Display comics on a bulletin board, website, or combine into a classroom comic book.



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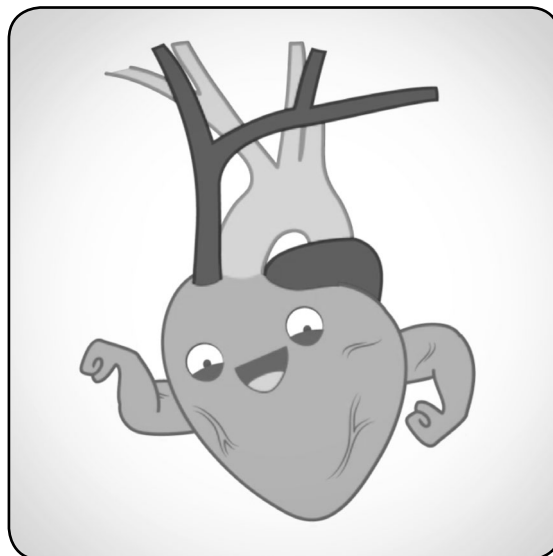
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Open Dialogue:

- Have students share their thoughts about exercise (e.g., what their favorite exercise is, how often you should exercise, etc.).
- Discuss the importance of exercise and how it affects the heart and the body.
- Have students share what they think would happen if you never got exercise.
- As a class, brainstorm fun ways that kids can get exercise.

Capping it Off:

- Have students complete the practice math and language exercises.
- Have students color the associated coloring pages. Display within the classroom or have the students take them home to share with their families.
- Have students complete the active learning project.
- Encourage students to refer back to the printable book and fluency passage as needed.
- Reinforce the lesson throughout the year by using reminders and reviewing the episode.



Comic Book

Name: _____ Date: _____

"Exercise is Good for Your Heart"

I know that exercise is good for me.

I can _____ to exercise.

I can _____ to exercise.

I can _____ to exercise.

I can _____ to exercise.

