

✓ Item Descriptions

Heart and Circulatory System Lessons and Worksheets

This product contains 4 lessons on the heart and circulatory system for grades 4-7. It also includes 4 activities (worksheets) for your students to complete. Download this activity pack to save yourself hours of preparation with easy to follow lessons that your students will understand and enjoy.

This packet includes the following:

- The circulatory system study guide
- The circulatory system worksheet
- The human heart anatomy
- The human heart anatomy worksheet
- The human heart physiology
- The human heart physiology word search
- The human heart physiology word search answer key
- Your heart and physical activity –Part 1
- Your heart and physical activity –Part 2
- Your heart and physical activity crossword puzzle
- Your heart and physical activity crossword puzzle answer key

Sports Theme Coloring Book

You will download 1 PDF file with 50 pages of sports theme coloring images. Most of the traditional sports are included in this packet. A great way to celebrate May which is 'National Physical Fitness & Sports Month' or in October which is 'National Childhood Obesity Awareness Month.' Fun coloring and busy work for kids when it is a rainy day recess in the classroom. All images are quality drawn.

Children Clipart (PNG)

15 black and white original clipart images to use for personal or commercial projects. Clean design in .png format. All images have a transparent background. Great for use in school projects such as worksheets, certificates, PowerPoint presentations, smartboard presentations, and countless other school projects. Pictures can also be used for coloring projects.

Included in this pack!

2 images of a boy sitting at a desk

1 image of a boy star student

2 images of a girl basketball player

2 images of a boy basketball player

1 image of a school

1 image of a girl's face

1 image of a boy's face

1 image of a girl running

1 image of a boy on a computer

2 images of a girl giving a thumbs up

1 image of a boy holding a backpack

Each .png image is by itself, not in a group for easier usage.

My Health Book

Work on your creative writing skills with your students as they create their very own "Health Book" where they are the author. This packet has 6 pages as well as a teacher guide to assist you through each page of this fun assignment.

Skills this assignment will work on:

- Creative writing
- Coloring
- Organization
- Health Skills
- Fitness Skills

- Nutrition Skills
- Illustration

On page 1, the students will name their health book and draw their cover

On page 2, the students will tell their story.

On page 3, the students will write an author biography.

On page 4, the students will write how they will stay healthy regarding health, fitness, nutrition, proper hydration, adequate sleep, and sports.

On page 5, the students will write about their health role models.

On page 6, the students will illustrate an image of themselves exercising.

Most pages will also have images that can be colored in to make the book more beautiful. This is a fun assignment where all you have to do is print and go!

Physical Activity Poster Book

Len Saunders is an award-winning author and educator. Len has helped millions of children and their families stay healthy and fit for over 40 years. One of the top questions he frequently gets asked is "what physical activity skills does he think are most important for children to master during their elementary school years?" This inspired Len to create a poster book on the topic to help teachers and parents foster some important skills for young children which will help build proper growth and development. A poster book is a great teaching tool for children because it has images to hang on the wall with a separate description page to accompany the skill being learned.

In this poster book, Len shares his top 10 physical activity skills children should understand before entering kindergarten while mastering these skills throughout their elementary school experience. This poster book will be a perfect resource not only for teachers but also for parents! The inside posters are a great teaching tool to hang in your classroom, gymnasium, or a wall at home. The beautiful (original) artwork is educational, colorful, professional, and eye-catching for children to study and learn. The text pages have some great tips and insight about specific physical skills that will enhance your children's strength, coordination, speed, agility, endurance, and cognitive skills.

For classroom teachers, there are 10 physical activity posters, one for each month of the school year, so you can have a physical activity of the month for a great health lesson. For parents, you can hang all the posters up in a room for your children to practice over and over with your supervision. Physical education teachers can use these posters as a great tool to use

for station work in your gym. Each poster comes along with a text page that discusses why each exercise is important, as well as tips for children to follow for a higher degree of success!

Spunky The Monkey / Joey The Kangaroo

Spunky and Joey are part of the "An Adventure In Exercise" book series by Len Saunders. These books motivate children to read and exercise simultaneously. The book serves 4 main purposes:

- To make reading fun for children
- To encourage children to read
- To make exercise fun for children
- To encourage children to exercise

Children need motivational ways to get active. Many of them spend countless hours involved in technology instead of activity. The "An Adventure In Exercise" book series was designed to motivate young children (ages 2-7) to get off the couch and exercise. Studies have shown that proper health habits start at a young age. Research has also shown that many overweight children become overweight adults.

The Benefits Of Physical Activity

Great product for May which is National Physical Fitness & Sports month or October which is National Childhood Obesity Awareness Month. Can also be used throughout the year on the benefits of leading a healthy lifestyle for your science, health or physical education classes.

This product contains 7 lessons on **THE BENEFITS OF PHYSICAL ACTIVITY** for grades 4-7. It also includes 9 activities (worksheets) for your students to complete. Download this activity pack to save yourself hours of preparation with easy-to-follow lessons that your students will understand and enjoy.

This packet includes the following:

- The benefits of physical activity fact sheet – Part 1
- The benefits of physical activity fact sheet – Part 2
- The benefits of physical activity worksheet
- The benefits of physical activity answer sheet
- Physical activity strengthens the heart

- Physical activity strengthens the heart worksheet
- Physical activity strengthens the heart answer sheet
- Physical activity reduces cholesterol
- Physical activity reduces cholesterol worksheet
- Physical activity reduces cholesterol answer sheet
- Physical activity reduces blood pressure
- Physical activity reduces blood pressure worksheet
- Physical activity reduces blood pressure answer sheet
- Physical activity reduces obesity
- Physical activity reduces obesity worksheet
- Physical activity reduces obesity answer sheet
- Physical activity improves cognitive skills
- Physical activity improves cognitive skills worksheet
- Physical activity improves cognitive skills answer sheet
- Physical activity releases endorphins
- Physical activity releases endorphins worksheet
- Physical activity releases endorphins answer sheet
- The benefits of physical activity word search
- The benefits of physical activity word search answer key
- The benefits of physical activity crossword puzzle
- The benefits of physical activity crossword puzzle answer key