Name _____

The Human Body - Respiratory System

Lesson 4: Keeping Our Respiratory System Healthy - Physical Activity Plan

Goal

To be active for 30 minutes or more 5 times a week.

Activity Ideas

Here are some activities to help spark ideas for your activity plan:

- Stretching and breathing exercises
- Obstacle courses
- Dancing to music individually or with others
- Using a fitness tracker to count steps, distances, and time spent being active
- Relay races
- Playing with a ball to run and catch, run and throw, or toss and hit
- Hopping or skipping activities or games
- Cooling down with stretching while doing crafts, reading or something easy

Activity Plan

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

5. _____

_____

Please make sure you have registered for a free KBI teacher account if you are using these resources. It helps us immensely and allows the program to remain free for teachers to use.