

## Educator guide: Match the planets game

### **Recommended for grades:**

Kindergarten

### **Time:**

3 minutes

### **Prerequisites:**

In order for students to be successful in the game, they would benefit from participating in the Activity pyramid lesson.

### **Learning objectives:**

After completing this activity students will be able to:

1. Determine whether an activity is a physical activity or a sitting-still activity.

### **Activity description:**

In this game students will click on planets to find matching images of sitting-still activities or physical activities. The images in the game change each time it is played, so try playing more than once!

### **Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you complete the Match the planets game. You may choose to use this list in any way that fits your needs.

- Physical activity – an activity that makes your body move a lot
- Sitting-still activity – a type of activity during which your body doesn't move very much

# Transcript

## Instructions

There are all kinds of activities. Sometimes you sit still. Other times you move. When you move it's called a physical activity. Can you match the sitting-still activities and the physical activities? Click on the play button to try.

Click the planets to match pairs of activities.

## Activities

Physical activities:

Playing basketball-This is a physical activity.

Riding your bike-This is a physical activity.

Jumping rope-This is a physical activity.

Running-This is a physical activity.

Swimming-This is a physical activity.

Playing soccer-This is a physical activity.

Walking the dog-This is a physical activity.

Playing at the playground-This is a physical activity.

Raking leaves-This is a physical activity.

Shoveling-This is a physical activity.

Lifting weights-This is a physical activity.

Skateboarding-This is a physical activity.

Stretching-This is a physical activity.

Dancing-This is a physical activity.

Sedentary activities:

Using the computer-This is a sitting-still activity.

Watching TV-This is a sitting-still activity.

Playing video games-This is a sitting-still activity.

End game

Good job! You matched all the activities. Don't forget it's good to move around. Click play again to match more activities.



# Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the following organizations for the research, development and delivery of Nutrition and physical activity lessons and activities:

Children's Wisconsin – NEW Kids™ Program

Children's Research Institute

Medical College of Wisconsin

Wisconsin Department of Public Instruction





Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

