

Lesson Plan Title: Healthy Bodies- Healthy Cows **Grade:** 4 **Lesson Length:** 60 minutes

PROBLEM STATEMENT:

How do our own daily activities relate to a cow's life? How can we track our movements?

LEARNING OBJECTIVES

- Students will be able to participate in different physical activities.
- Students will be able to predict which activity is the most active.
- Students will be able to compare the use of pedometers to cow activity monitors.
- Students will be able to demonstrate their understanding of movement.

TEACHING PROCEDURE:

1. "Healthy Bodies"
 - Part 1- Activities
 - Part 2- Refueling
2. "Healthy Cows"
3. Wrap up: Compare and Contrast

REFERENCES, MATERIALS, EQUIPMENT:

- MOOsical Chairs song - 3 min (<http://bit.ly/2riY0dt>)
- Chairs
- MOOve and Grove Song- 3 min (<http://bit.ly/2riY0dt>)
- Red Rover, Red Rover send "Bessie" on over- Spin off of Red Rover Game
- Cluck, Cluck, Moo- Spin off of Duck, Duck, Goose game
- Pedometer Conversion Chart (separate card)
- Photo of cow activity monitor (above)
- Day in the life of a Dairy Cow Video (<http://bit.ly/36JCCyk>)
- Compare and contrast chart for each student

INSTRUCTION: HEALTHY BODIES- PART 1

About: Activities

- One way we keep our bodies healthy is to participate in fun activities each day.
- Student participation, "What are some activities you like to play to exercise?"
- As a class we are going to try different activities that we will track our steps taken.
- MOOsical Chairs, MOOve and Grove, Red Rover, Red Rover send "Bessie" on over and "Cluck, Cluck, Moo."
- Student poll: Students can vote on which activity they think will cause the most steps.
- Teacher Choice: Divide the students into 4 groups or have all the student participate in each of the 4 activities.
- Rotate the given pedometer between at least one student in each activity.
- Chart the student's steps or convert to miles (using the included chart card).
- Which activity created the most steps? Why?



ACTIVITY: MOOsical Chairs (<http://bit.ly/2riY0dt>)

- One student should have the pedometer on their side during one part of the game.
- Circle up chairs with one less chair than the amount of students.
- Circle students up behind the chairs.
- Play the MOOsical Chairs song and stop the music to have the students sit down.
- Eliminate the student who does not have a seat.
- Continue the previous 2 steps until there is a winner.

ACTIVITY: MOOve Groove (<http://bit.ly/2riY0dt>)

- One student should have the pedometer on their side during one part of the activity.
- Play the MOOve and Groove Song and have students show off their best moves.

ACTIVITY: Red Rover, Red Rover send “Bessie” on over

- One student should have the pedometer on their side during one part of the game.
- Divide the students into two “herds” on opposite sides of the room.
- Have the students link arms.
- Have students recite, Red Rover, Red Rover send (student name) on over.”
- The chosen student runs over to try to break through the linked arms.
- If the student breaks through they get to bring one other student back to their “herd.”
- If the student does not break through they must stay on the side.

ACTIVITY: Cluck, Cluck, Moo

- One student should have the pedometer on their side during one part of the game.
- Group students into a circle.
- The teacher should demonstrate “cluck, cluck, moo” for the group by going around the circle and everyone they pass the teacher should say “cluck” until the student they select they should say, “Moo” and the student chases after the teacher.
- The person it fills the open spot.
- Continue the game until at least the student with the pedometer has ran around the circle.

INSTRUCTION: HEALTHY BODIES- PART 2

About: Refueling

- Just like athletes need to take care of their bodies for optimum performance, dairy farmers care for their cows the same way!
- There are many ways people chose to refuel their bodies after a workout.
- One way many people refuel their bodies is to drink chocolate milk after their activities. Low-fat chocolate milk contains more protein and nutrients than what is in water or sports drinks.

NOTE TO TEACHERS: This section would be a great place to give the students chocolate milk after they are done with the activities and have a conversation about feeling “refueled.”

INSTRUCTION: HEALTHY COWS

- Delicious milk, cheese, yogurt and ice cream begins with healthy cows!
- “Just like some of you were chosen to wear pedometers while you participated in the activities, some cows wear activity trackers to show how much they eat, sleep and milk.”
- See photo on front side
- Use this short video showcasing a day in the life of a cow. (Day in the life of a Dairy Cow <http://bit.ly/36JCCyk>)
 - 2-3 hours Hanging Out
 - 12-14 hours Resting
 - 3-5 hours Drinking/ Eating
 - 2.5-3.5 hours Milking
- “Some of you were surprised about before that chocolate milk is best for us to refuel our bodies. So that there are no surprises in what is best for their cows’ health, dairy farmers work with a nutritionist to make sure their cows are refueling their own bodies with the exact foods they need.”
- “Farmers can use the information gathered from a cow’s activity monitor to tell if she is happy, sleeping, and healthy. They use this data to make the best decisions for her well-being.”

WRAP UP: COMPARE AND CONTRAST

- Give students compare and contrast charts to write down the similarities and differences they see between how people and cows use activity monitors.
- After students have completed their own individual chart create a class chart.



COMPARE AND CONTRAST T-CHART

What are the similarities and differences between how people and cows use activity monitors?

Compare:	Contrast:



Pedometer Steps to Miles Conversion

STEPS	FEET	MILES
660	1320	0.25
1320	2640	0.50
1980	3960	0.75
2640	5280	1.00
3300	6600	1.25
3960	7920	1.50
4620	9240	1.75
5280	10560	2.00
5940	11880	2.25
6600	13200	2.50
7260	14520	2.75
7920	15840	3.00

