

# Lesson 10: Fit Kid

## For Elementary-Level General Music Classes

There's nothing like exercise to compliment good eating, and being fit is a result of both. "Fit Kid" is a motivational, danceable tune that makes it fun just to move!

**Note to Teachers:** While these lessons are written for the third- and fourth-grade levels, they are adaptable for lower and higher grade levels. Depending on the level of your students and the amount of time weekly in class, these lessons may be appropriate for K-2 or 5-6. You know your students best and are most qualified to adapt these lessons to your teaching style, your students, and your classroom needs. Please note that the challenge sections are designed for more advanced students.

### Objectives:

- Identify and move to the beat

### Challenge Objective:

- Discuss how this song fades at the end.

### National Standards:

- Standard 6: Listening to, analyzing, and describing music
- Standard 8: Understanding relationship between music, the other arts, and disciplines outside the arts
- Standard 9: Understanding music in relation to history and culture

### Related Learning–Nutrition:

- Being a Fit Kid means eating 5-9 servings of fruits and vegetables and getting at least 30 minutes of physical activity every day. Children should be encouraged to make fitness a part of their day–every day!

### Materials:

- Recording, Track 10: "Fit Kid"

### Prior Knowledge and Experiences:

- Basic understanding of beat and basic calisthenics

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### Procedures:

1. Introduce the song to identify its content.

Have students:

- Listen to the song.
- Discuss aspects of the song that make it feel like a good song for dancing or exercising. Answers could include tempo, the bass drum on all four beats, and the bass line, among others.

**CHALLENGE:**

Note that this song fades to its end, unlike the other 5 A Day songs. Most popular songs similar to this song fade out at the end. Why? One answer has to do with radio airplay. In the early days of rock and roll radio, disc jockeys started to talk over the end of the songs. After awhile, record companies favored this means of ending a song, so that it might get more airplay.

2. Plan exercise movements that will show the form of the song.

Have students:

- Discuss and outline the song form together:

Introduction

Verse

"Everybody's talking. . ."

Chorus

"I'm a Fit Kid. . ."

Interlude

"Fit Kids tell other kids what they know. . ."

Verse

"Two strong legs. . ."

Chorus

"I'm a Fit Kid. . ."

Interlude

"Fit Kids tell other kids what they know. . ."

Bridge

"Take a hike! Ride a bike! . . ."

Musical Interlude

Chorus

"I'm a Fit Kid. . ."

Coda

"Fit Kids tell other kids what they know. . ."

- Choose exercise movements for each part of the song (sports activities, calisthenics and so on.) Have smaller groups move on the verses and interludes, with the entire class moving together on the choruses.

**Nutrition Messages—Ideas:**

Have students:

- Create a plan to get more physical activity every day.
- Discuss why physical activity is so important to their health.
- Discuss how they feel when they get more physical activity.

- Use the "Fit Kid" module on the 5 A Day Adventures CD-ROM v.2000 to learn why daily physical activity is so important to good health.
- Print the "Fitness Family Contract" from the CD-ROM to encourage them and their families to become more physically active.