

GRADE LEVEL EXPECTATION: K-1

MY DAD RIDES A BICYCLE

CONTENT AREA: READING, WRITING AND COMMUNICATING

Why does Kevin's dad ride his bike?
(For exercise)

Why does Kevin ride his bike?
(For fun)

Kevin and his dad both run. How is his dad's jogging different from Kevin's races, games, and chases?
(Dad runs for exercise; Kevin runs when he plays.)

What lesson about exercising do Kevin's parents learn from Kevin?
(Exercise can and should be fun.)

3. At the end of the story, point out to the children that not only are Kevin and his parents getting regular exercise, they are also spending more time together. Ask children to name the activities that Kevin and his parents do together.
(Riding bikes, climbing, jogging)

EVALUATION: Observe students for appropriate listening behavior and participation in the discussion.

ADAPATATION:

Because some students might be unfamiliar with the stationary bike or a stairmaster, they may not relate to this aspect of the lesson. If this is the case,

Ask students if their parents exercise and if so, how.

Ask how their forms of exercise differ from the students, stressing that the most important that thing is that they exercise, not so much they do it.

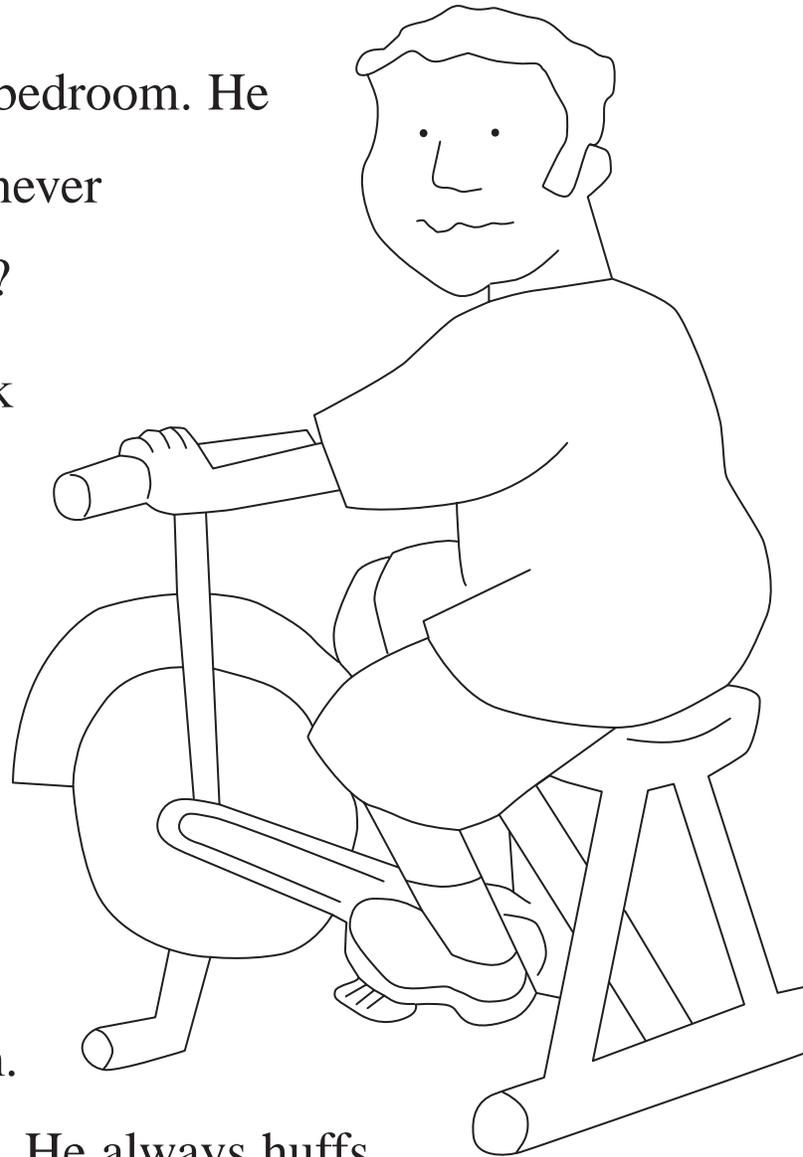
My Dad Rides a Bike in His Bedroom

by Melissa Knight

My dad rides a bike in his bedroom. He rides for a long, long time and never goes anywhere. Isn't that crazy?

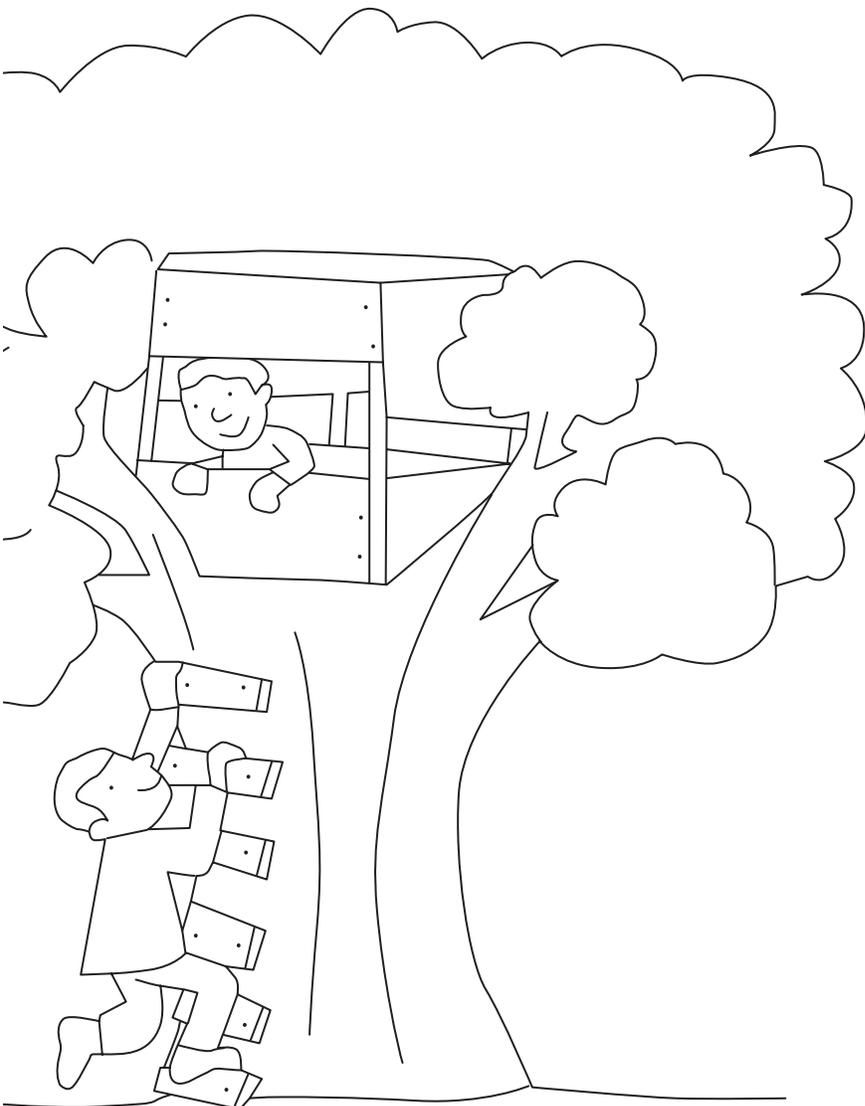
When I ride my bike, I pick up Jordan at his house, and we go all the way to the park. We visit our friends' houses and sometimes ride in the field behind Jordan's house. We go everywhere.

My dad gets up at 6:00 a.m. to jog around the neighborhood. He always huffs and puffs and lies down on the kitchen floor when he gets back.



I run, too, but not like that. Jordan and I race each other from the corner to my house on the way home from school. We play tag and Red Rover. And when my dog, Hercules, gets out of the backyard, I have to chase him all over the neighborhood.

My mom has this step thing she bought the other day to get in shape. She steps on and off it about fifty times in a row. To me, it looks kind of boring!



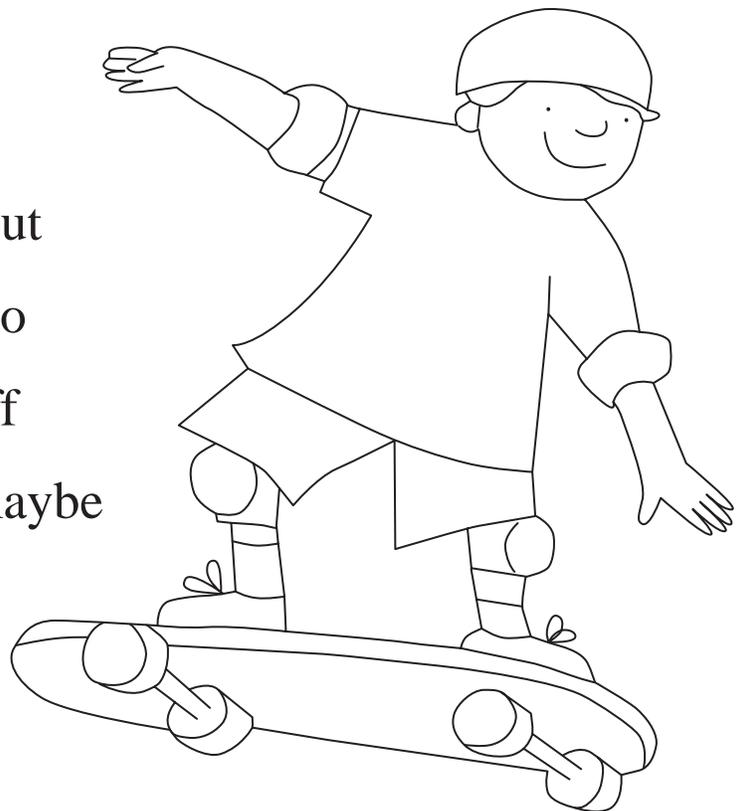
Jordan and I built this cool treehouse in my backyard last summer. We have to climb up the tree to get in it. We're always forgetting stuff we want to take with us, so we climb up and down it a lot. Once I tried to get Mom to

climb up there, but she said, “I’d better not—I’m out of shape.”

Mom and Dad belong to a health club. They take me along when they go there. They have to wear exercise clothes. They lift really heavy weights. They grunt and groan. It looks like they are in pain.

I don’t lift weights, but, like I said, I’m always carrying stuff up to the treehouse. I even tried to take Hercules up there once, but Mom caught me and wouldn’t let me. He *is* kind of heavy for a sheepdog.

Mom and Dad tell me all the time how important it is to keep my body in good shape. I like feeling strong and healthy, so I started thinking about it. I don’t lift weights or jog or do a step program or any of the stuff they do. I started thinking that maybe I ought to start an exercise program myself.



I asked them about it, and they just looked at each other and smiled. Then Dad got real serious and said, “Kevin, your whole day is like an exercise program. You get a lot of exercise. You don’t even think about it because you’re having fun. Maybe your mom and I can take a lesson from you.”

My dad still rides the bike in his bedroom. I even ride it sometimes. But now he also rides a lot more with Jordan and me. We don’t mind as long as he keeps up.

Mom climbs up to our treehouse every now and then. She always asks if it’s OK first, and we let her come if she brings a snack.

Dad gets up a little later now, and I get up a little earlier so we can jog together. He still lies down on the kitchen floor when we get home, but he is improving. And he says he has more fun with me along.

So I guess we all get a lot of exercise around here! There’s still one thing I’m not allowed to do, though. Mom still won’t let me carry Hercules up to the treehouse.