

5 Senses Fitness Hunt

Learning Objectives

- I can describe the 5 senses I use in my everyday life. [K.1b]

Teacher Notes

- Vocabulary: The 5 Senses
 - Hearing
 - Touch
 - Taste
 - Sight
 - Smell
- Students will need ample space to move around their homes to collect items
- Teacher should pause between each “hunt” to give students time to move (1-2 minutes for each round)

Lesson Steps: Video Outline

<https://drive.google.com/file/d/1TRep8KI0YtrVN8mBOMh5leQQgLDhmL5Z/view?usp=sharing>

Step 1 Introduction

- Pre Assessment: Teacher should ask the students the questions “Do you know what the 5 senses are?”
- Let’s look at each of the 5 Senses and how we use them every day!

Step 2 Activity

- Students will go on a 5 Senses Fitness Hunt
 - they will travel around their spaces using different locomotor skills to locate different things in their house that we use the 5 Senses to identify.

Step 3 Closure

- Post Assessment: Have students share what organ is used for each sense and share what they found for each of the 5 Senses during their hunt.

Assessments

- Pre Assessment- teaching will ask students prior to the activity to identify any of the 5 senses they know by call and respond.
- Post Assessment- teacher will use call and respond to hear examples of what students found during their 5 senses hunt.
 - Teacher will call out a sense and students should point to or identify what body organ is used.

Extensions/Connections/Applications

- To increase student understanding of the 5 senses, give students different PE scenarios or experiences and have them share what 5 senses they would use.

Resources/References

- Jack Hartman 5 Senses Song <https://www.youtube.com/watch?v=ce49EDIIrMc>