

Anne

the Animated Series

EDUCATOR'S  
GUIDE  
EPISODE #15





## THE SWIM OF THINGS - EPISODE #15

It's swimming time at the pond, and everybody is having fun -- everybody, that is, except Felix. Felix is a poor swimmer, and because of this he is discouraged and disheartened. Like everybody else, Anne is impatient with her friend's limitations. However, when an injury sidelines her Felix helps her with her exercises. Soon the two unlikely friends are hard at work, helping one another train.

### **Learning Objectives**

Physical development often refers to a child's whole body as well as the overall health and fitness of a growing body. Like any other developing skill, physical and motor skills require exploration and practice. These activities will strengthen:

#### *Physical/Motor Skills*

### **Talking About the Episode**

- Who can describe what it means when people say: Practice makes perfect.
- In this episode, we see Anne practice to heal her shoulder and Gilbert practice his dives, why do you think this helped them do a good job?
- Is there anything you practice? Tell us about it?
- Tell us why the kids had a hard time swimming after they drank the sodas? What about a good's night rest?

### **Fitness Fun**

Nutrition and exercise is an on-going learning process. Encourage children to learn more about the role of a balanced diet and exercise by:

- Making a picture dictionary by cutting out or drawing pictures of body words. Help them write definitions and make a book.



## THE SWIM OF THINGS - EPISODE #15 (CONTINUED)

- Researching how athletes exercise and train to make their muscles stronger.
- Inviting an aerobics instructor or square dance instructor to teach the fun and importance of exercise, or use a workout video.

### **Digital Diet**

These websites have great ideas for learning more about the benefits of a healthy diet:

The Nutrition Expert at: <http://www.alaska.net:80/~tne/>

American Heart Association at: <http://www.amhrt.org>

### **Suggested Storybooks**

- *The Magic School Bus: Inside the Human Body* by Joanna Cole
- *What's Inside My Body?* by Angela Royston
- *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy