

### Move your body

#### Actors:

|                  |  |
|------------------|--|
| Natalie          |  |
| Teacher MS. Moon |  |
| Luis             |  |
| Paul             |  |

#### **SCRIPT**

**Natalie:** Today, we are helping our teacher.

**Paul:** MS. Moon gets our class ready for Field Day.

**Luis:** We are excited! We are captains!

**Teacher:** Silence! Listen to me. Why is exercise so important?

**Natalie, Paul, and Luis:** We know the answer!!

**Teacher:** Fantastic!! Tell me.

**Natalie:** Because it is an activity that keeps our bodies healthy.

**Luis:** And we use them to jump, walk and roll.

**Paul:** It also helps us move our best!

**Teacher:** Great! Come on, team. Let's move!

**Natalie:** Field Day is all done.

**Teacher:** But... our fitness fun isn't over.

**Natalie:** It is true. We can do chores at home.

**Luis:** We can play at the park.

**Paul:** We can go swimming or kick ball.

**Teacher:** Great! Every day is made for exercise.

**Natalie, Luis, and Paul:** Children! You can exercise too!