

**\*\*Title:\*\* Get Moving, Get Strong!**  
**\*\*Introduction:\*\***  
- Start with a big smile and wave to the audience.  
- "Hello everyone! Are you ready to have some fun and get moving today?"  
**\*\*Body:\*\***  
1. **\*\*Excitement:\*\***  
- "Who loves jumping, running, and playing? Let me hear you cheer!"  
- Quickly ask some students about their favorite sports or games.  
2. **\*\*Benefits:\*\***  
- "Did you know that being active makes you happier and stronger?"  
- "Exercise helps you run faster and play longer with friends!"  
3. **\*\*Activities:\*\***  
- "Today, we're going to do some fun activities together!"  
- Mention simple exercises like jumping jacks, running in place, and stretching.  
4. **\*\*Games:\*\***  
- "Let's play a game where everyone wins! How about a relay race or tag?"  
**\*\*Conclusion:\*\***  
- "Remember, staying active is just like having fun, it keeps you healthy!"  
- End with a cheer: "Move more, play more, have fun forever!"  
**\*\*Closing:\*\***  
- Lead a simple cheer or chant to keep the energy high.  
- "Thank you, and let's get moving!"