

Lesson 1

Objectives:

Students will:

1. Define physical activity and why it is important.
2. Discover what physical activities interest fellow classmates.
3. Engage in group work to identify forms of physical activity other than organized sports.

Materials Needed:

- 2" x 11" strips of paper (1 per student)
- **Scenario** worksheet (1 per student)
- Pens or pencils
- Scissors
- **For Kids Only: Get Moving!** handout (1 per student).

Things to do before:

- Cut out 2" x 11" strips of paper (1 per student).
- Make copies of **For Kids Only: Get Moving!** handout (1 per student).
- Fill out the **Kids Only: Get Moving!** handout to provide sample for students.
- Make copies of **Scenario** worksheet (one per student).

Lesson:

1. Explain to students that there are several different types of physical activities.
 - Aerobic activities are activities that you do at a steady pace for at least 15 minutes such as: biking, fast walking, running, swimming, dancing or in-line skating.
 - Games and sports such as: softball, baseball, football, tag, kickball or soccer are recreational physical activities.
 - Other activities like household chores, walking the dog or going for walks.
2. It is important to let students know that organized sports are not the only way to be physically active.
 - You do not need to spend hours a day working out or exercising. Every time you play catch, swim in the pool or climb a flight of stairs your health and fitness levels are improving.

3. Provide each student with 2" x 11" strips of paper.
4. Place students in groups of 3 or 4 and have them brainstorm a list of aerobic activities, games, sports and other physical activities on the paper provided. Students list their answers on the strips of paper. Ask students to list anything they think can be considered physical activity.
5. When students are finished brainstorming, ask them to share some examples with the class.
6. Read some of the other examples that are listed below if students do not share them.
 - Aerobic activities: biking, fast walking, running, swimming, hiking, jumping rope, karate, dancing or in-line skating.
 - Games and sports: softball, baseball, football, tag, kickball or soccer.
 - Other activities like household chores, going shopping, gardening, washing the family car, walking the dog or cleaning the house.
7. Explain the benefits of being physically active.
 - Being fit means having more energy to do daily tasks, being more active, and not tiring as easily during the day. Being fit also helps you to build a positive self-image and feel better about your self.
 - Being physically active keeps your body strong, including your heart, lungs, muscles and bones. Physical activity also helps increase flexibility and coordination.
8. Explain that physical activity should be fun and you should choose activities that you enjoy and can have fun with. Do not be afraid to try new sports, games or activities.

9. Take time to go around the classroom and ask the students what their favorite sport to play or activity is.

11. **Scenario** worksheet.
 - Divide students into groups of 3 or 4.
 - Hand out scenario worksheet to students.
 - Read the scenario to students.
 - Ask students to write answers on the sheet provided to them.
 - After approximately 10 minutes ask students to share their answers.

12. Hand out a copy of **FOR KIDS ONLY: GET MOVING!** to each student. Explain to students that their job for the following week is to keep track of their physical activities. Students should mark off all activities they do, write in any others that have not been included and record the amount of time doing each activity.