

Educator Guide: Activity Pyramid Lesson

Recommended for Grades:

1st grade

Time:

8 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. State one benefit of physical activity.
2. Name one physical activity that they enjoy.
3. Recognize the Activity Pyramid.
4. Name one physical activity that they could do with their family or friends.
5. Name one physical activity they could do instead of watching TV or playing video games.
6. Identify two places, or locations, where they could be physically active.

Lesson Description:

In this lesson, students will be introduced to the Activity Pyramid, which is a tool that teaches the different types of physical activity. Students will also learn the benefits of getting regular physical activity.

Pre and Post-Test Questions:

Use the following question with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in.

1. Which activity does not get your body moving?



Riding a bike



Watching TV



Swimming

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Activity Pyramid Lesson. You may choose to use this list in any way that fits your needs.

- Activity Pyramid - a graphic that helps you learn about the different kinds of physical activity
- Aerobic activity - a type of physical activity, such as running, swimming, soccer or bike riding, during which you use your whole body, which causes you to breathe heavier and makes your heart beat faster
- Everyday activity - a type of physical activity, such as walking the dog, helping around the house or taking the stairs, that you can do every day to stay healthy
- Physical activity - an activity that makes your body move a lot
- Sitting-still activity - a type of activity, such as watching TV, playing video games, or talking on the phone, during which your body doesn't move very much
- Strength and flexibility activity - a type of physical activity, such as martial arts, stretching, push-ups or sit-ups, that makes your muscles strong and your body able to stretch more

Supplemental Activity: My Activity Pyramid

Objectives:

After completing this activity students will be able to:

- Name one physical activity that they enjoy.
- Recognize the Activity Pyramid.
- Name one physical activity that they could do with their family or friends.
- Name one physical activity they could do instead of watching TV or playing video games.
- Identify two places, or locations, where they could be physically active.
- Determine whether an activity is a physical activity or a sitting-still activity.

Materials Needed:

- Paper or poster board for each student
- Markers or crayons
- Magazines (optional)

Time Required:

30 minutes

Instructions:

In this activity students will create their own Activity Pyramid filled with activities that they enjoy. Have students begin by drawing a large triangle on a piece of paper or poster board. The pyramid should be divided into four sections. Students may need to be reminded which activities fit into each category, so a brief review before creating their Activity Pyramids may be helpful. You can refer to the Activity Pyramid Lesson, if needed. The bottom is everyday activities. Moving up the pyramid, the next section is aerobic activities and then strength and flexibility activities. The top section is sedentary activities, or “sitting still” activities. In each section of the pyramid, students can draw and color pictures of activities that they like to do. Or, if you wish to bring in magazines, students can cut out pictures of these activities.

Have students share their Activity Pyramid with the class upon completion. Discuss how different people like to do different activities and that’s ok. Have students share which activities they do with their family or friends, and where they do these activities. Different locations may include: their home, school, a park, a recreation center, etc. Feel free to also include how students can limit their sitting-still activities outside of school, and how they could replace a sitting-still activity with a physical activity.



Transcript

Slide 1

Activity Pyramid

Slide 2

Now we're going to learn about the difference between physical activities and sitting-still activities. Physical activities are things that get your body moving. Your body's not moving much during sitting-still activities. Can you decide if an activity is physical or sitting-still? Look at the picture of the activity. If it's a physical activity, click the Physical button. If it's a sitting-still activity, click the Sitting Still button.

Is this a physical or a sitting-still activity?

Physical: That's right! Walking the dog is a great way to get moving! You can do it every day!

Sitting Still: Walking the dog is a physical activity. Try again.

Slide 3

Is this a physical or a sitting-still activity?

Physical: Not quite! When you're using the computer, you're sitting still. Try again.

Sitting Still: You got it! Using the computer means you're sitting still. Try to do less of this kind of activity.

Slide 4

Walking the dog and using the computer are just two kinds of activities. There are many more! The Activity Pyramid tells you all about different kinds of activities. The top of the Activity Pyramid shows activities where you're not moving around much. These aren't very healthy for your body. You should get no more than two hours' worth of sitting-still activities a day. The rest of the Activity Pyramid shows activities where you are moving around. These are called physical activities. You should get at least one hour of physical activity a day.

Slide 5

Click on the sections of the Activity Pyramid to learn more.

Top: Sitting-still activities. Some kinds of sitting-still activities are watching TV, playing video games, or using the computer. You should limit the time you spend doing these.

Second-to-top: Strength and flexibility. This kind of physical activity makes your muscles stronger, and helps your body bend and move more. Some examples of these are lifting weights, stretching, gymnastics, martial arts, or push-ups. Do these activities two to three times a week. If you have enough room right now, get down on the floor and do five push-ups or sit-ups.

Second-to-bottom: Aerobic activities. This kind of physical activity makes you breathe heavier and your heart beat faster. Examples of aerobic activities are running, swimming, skateboarding, dancing, or bike riding. Do these activities three to five times a week. Stand up and do ten jumping jacks.

Bottom: Everyday activities. This is the kind of physical activity you can do every day! Some examples of these are walking, climbing up stairs, baseball, kickball, and playing outside. Stand up and pretend you are climbing up 20 stairs.

Slide 6

Look at all the activities flying around! Catch some of them to hear what they are!

Sofia: Dancing!

Carly: Gymnastics!

Jack: Baseball!

Zach: Watching TV.

Slide 7

Physical activity helps your body! It helps you think clearly, keeps your heart strong and gives you strong muscles and bones. Carly uses the Activity Pyramid every day.

Carly: I want to be an astronaut. I know they have to be in great shape! That's why I use the Activity Pyramid to choose activities to keep me strong, like karate and running. I balance my activities with lots of healthy foods each day!



Slide 8

Carly does a lot of exercise. She knows that it helps her body. When you're exercising, you'll breathe heavier and your heart will beat faster. Your heart is a muscle, and it gets stronger when you exercise.

Slide 9

Carly: Whew! I just ran in place for five minutes. My heart is beating faster, and I'm breathing heavier! Can you run in place, too? Stand up and try it with me... Ready? Set? Run! Wow, great job!

Slide 10

There are lots of places where you can be active. Click on the pictures to find out how to be active in each of these places.

Swimming pool: All right! Swimming can really get your heart beating faster! You can have races, jump off the diving board, or play with your friends! Just make sure a grown up is with you.

Playground: Get moving every day at recess! On the playground, you can climb on the jungle gym, swing, or play a sport with your friends!

Home: Home is a great place for physical activities. You can dance, make up an obstacle course, or even help out with chores.

Park: Don't let the snow stop you from being active! At the park, try sledding or ice skating!

Back yard: Invite your friends over and play in the back yard! Or, help your family by doing yard work!

Community center: You can do physical activity all year at a community center in your neighborhood. Kickball and soccer are good for warm weather. When it's cold you can play basketball or freeze tag in the gym.

Slide 11

Everybody likes to do different activities, and that's okay! Just listen to what your friends do. Click on their pictures to hear their stories.

Sofia: Wow, I don't really like karate, but I know I have to do activities that make me stronger. So I take gymnastics twice a week!

Carly: I walk my dog every day. It gives me time to dream about becoming an astronaut!

Jack: When I'm in school, I'm sitting a lot. So I always ask the teacher if I can help with anything, like passing out papers or erasing the board!

Zach: (sneezes) I'm allergic to dogs, so I can't walk with my friend and his dog, Ray. Instead, I walk with my family every night.

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Good job!

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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

