



Educator Guide: Activity Pyramid Lesson

Recommended for Grades:

3rd grade

Time:

7 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 the recommended amount of daily physical activity for children.
2. Name two physical activities that they enjoy.
3. State two benefits of physical activity.
4. Name two physical activities that they could do with their family or friends.
5. Identify three places, or locations, in which they could be physically active.
6. Name one aerobic activity.
7. Explain how to locate their pulse in their neck.

Lesson Description:

In this lesson, students will be exploring the Activity Pyramid and differentiating between sedentary and physical activities. Students will also learn how to check their pulse.



Pre and Post-Test Questions:

Use the following questions 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. Correct answer choices are bolded.

1. What is the best reason physical activity is good for your body?
 - a. You look cool doing it.
 - b. It makes your heart healthy and muscles stronger.**
 - c. You can eat anything you want.

2. Why is it best to cut down on sedentary activities?
 - a. Too much sitting around makes bones and muscles weak.**
 - b. They make you short.
 - c. They are bad for the planet.

3. What are healthy physical activities you could do instead of watching TV:
 - a. Talking on the phone or playing videogames
 - b. Using the computer or doing push-ups
 - c. Walking a dog or jumping rope**

4. How much time should you spend doing physical activities every day?
 - a. 60 minutes**
 - b. 180 minutes
 - c. 30 minutes
 - d. 0 minutes

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, causing you to breathe heavier and making 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
- Pulse – the feeling of your heart beating, which you can find by lightly pressing your fingertips on the side of your neck below your ear, or on the inside of your wrist below your thumb
- Sedentary activity – a type of activity, such as watching TV, playing video games, and 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 and sit-ups, that makes your muscles strong and your body able to stretch more

Supplemental Activity: Pitter, Patter, Pulse!

Objectives:

After completing this activity students will be able to:

- Demonstrate how to locate their pulse.

Materials Needed:

- Pitter, Patter, Pulse! Images (found on the next page or on the activity page on the E-Learning Center)

Time Required:

15 minutes

Instructions:

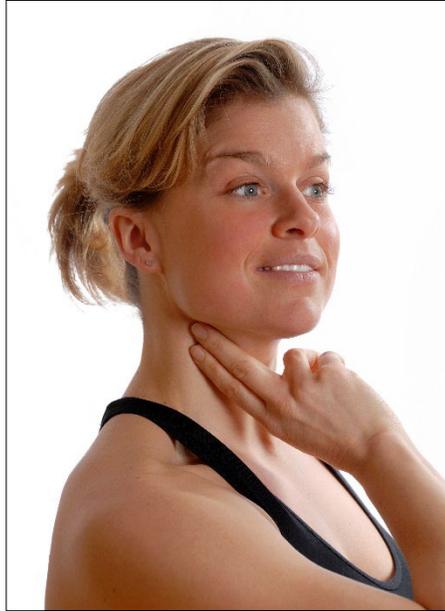
Remind students that aerobic activities are physical activities that cause you to breathe heavier and make your heart beat faster. The heart needs aerobic exercise and it's recommended that students do these types of activities three to five times per week. Aerobic activities include running, swimming, dancing, bike riding, walking, soccer, etc.

Using the images on the next page, show students the two common ways to find your pulse: on the neck and on the wrist. Demonstrate both ways for students and give them a few minutes to try and find their own pulse. Their pulse will be the number of times their heart beats in one minute. You can have students count for 10 seconds and multiply that number by 6, or for 15 seconds and multiply that by 4. While students are sitting and resting, that number would be their resting pulse.

Once students have their resting pulse, have them stand up and do a physical activity, such as running in place, or jumping jacks for 1 minute. When they complete the minute of exercise, have them find their pulse again. It should be higher than their resting pulse!

Pitter, Patter, Pulse! Images

The pulse can be located by lightly pressing two fingers on your neck, below your ear:



The pulse also can be located by lightly pressing two fingers on the inside of your wrist, below your thumb:



Transcript

Slide 1

Activity Pyramid

Slide 2

Notice that the activity pyramid is wider at the bottom and narrower at the top. The activities you should do the most often are at the bottom, and the activities you should do the least often are at the top.

The top of the Activity Pyramid shows sedentary activities. Sedentary activities aren't very healthy because you don't move around much while you're doing them. You should get no more than two hours of sedentary activity a day, outside of school.

The rest of the Activity Pyramid shows the three main kinds of physical activity. Doing a variety of physical activities each day is good for you because it helps you learn better, builds strong muscles and bones and keeps your heart healthy. You should get at least one hour of physical activity a day.

Slide 3

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

Top - Sedentary activities. Some different kinds of sedentary activities are watching TV, playing video games, talking on the phone or using the computer. Cut down on these because they can make your body, muscles or bones weak.

Second-to-top - Strength and flexibility. This can include gymnastics, martial arts, push-ups and pull-ups, yoga and lifting weights. These activities will help build strong muscles, and help your body move and bend easier. Look at the pyramid and think about how you can do some of these activities two to three times a week. Raise your hand and share with your teacher what you do to stretch and build strong muscles.

Second-to-bottom - Aerobic activities. Aerobic activities make you breathe heavier and your heart beat faster. Examples are swimming, running, brisk walking, riding your bike, playing soccer and jumping rope. You should aim to do these three to five times a week. Stand up and do 20 jumping jacks to get your heart beating faster!



Bottom - Everyday activities. Everyday activities are things you can do to move every day like walking, helping around the house, sledding, playing kickball and climbing stairs. How many of these have you already done today? How many will you do before the day is over?

Slide 4

Is this a physical activity?

Yes - Right. Playing baseball is a physical activity you can do every day.

No - Actually, playing baseball is a physical activity. You could do it every day. Try again.

Slide 5

Is this a physical activity?

Yes - You got it! You can clean the house every day to stay physically active!

No - Oops. Cleaning the house is an easy way to stay physically active every day. Try again.

Slide 6

Is this a physical activity?

Yes - Not quite. When you're talking on the phone, only your mouth is moving! The rest of you is sedentary, or sitting still. Try again.

No - Right. Talking on the phone is a sedentary activity. It's good to try to cut down on sedentary activities.

Slide 7

Is this a physical activity?

Yes - That's right. Walking to school, walking after dinner and even walking the dog all count as physical activities.

No - Any time you're walking, you're being physically active. Try again.



Slide 8

Hey, guys! Click on different parts of my body and I'll tell you about my favorite activities!

Legs/Feet - Walking is so easy to fit in to the day. I walk to school, and I walk up and down my steps at home all the time.

Hands - With my hands, I read magazines about my favorite movie stars! Reading is good, but I also know I have to stay active, so I limit my magazine time to 30 minutes a day.

Arms - I play volleyball with my arms. This year, I'm going to perfect my spike!

Stomach - Carly told me she does sit-ups twice a week, and she taught me to do them, too! I like doing sit-ups after magazine time, because that's when I have lots of energy!

Neck - When I'm doing a physical activity, I can feel my pulse beating faster. My pulse is the feeling of my heartbeat. Can you find yours by touching the side of your neck, under your jaw, or the inside of your wrist, under your thumb? Try it! Ask your teacher if you can't find it.

Slide 9

Sofia had some great ideas for physical activity. Where do you think she does each of them? Well, there are lots of places where you can be active. Click on the pictures to find out about them.

Back yard - We don't have back yards here in space, but you probably do! Try playing with friends or helping with yard work!

Tennis court - Tennis is great, because it's a good aerobic activity, and there are usually lots of tennis courts at parks, schools, and community centers! Get your rackets!

Bedroom - Your bedroom is a great place for physical activities. You can dance, do sit ups, or push ups, or even pick up your clothes and toys as fast as you can. Race against the clock!

Park - Even when it's snowy outside, you can go to the park and get moving. Try sledding, building a snow fort or building a snowman.



Ice rink - All right! Ice skating is awesome for getting your heart beating faster! You can skate by yourself or with your friends, and some skating rinks are open all year, even when it's warm outside!

Community center - A lot of neighborhoods have community centers where you can do physical activity all year. If it's warm, you can play kickball or soccer outside. If it's cold, you can play basketball or volleyball inside!

Slide 10

Good job!



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