

Educator Guide: Physical Activity Lesson

Recommended for Grades:

5th

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.
- Standard 5: Use a decision-making process to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors 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. Explain why balancing our food choices with our physical activity choices is important.
2. Describe at least three healthy behaviors they can do each day.
3. Describe two or more barriers to eating healthy or participating in physical activity.
4. Explain the three main types of physical activity and identify an activity from each type that they may enjoy.

Lesson Description:

In this lesson students will learn about physical activity, different types of physical activity and the benefits of being active. Students will also explore decision-making and learn how to make a personal health-related decision.



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. Outside of school, you should get no more than how many hours of sedentary activity each day?
 - a. **2 hours**
 - b. 3 hours
 - c. 4 hours
2. How much physical activity should you get each day?
 - a. 30 minutes
 - b. 45 minutes
 - c. **60 minutes**
3. Why is it important to balance our food choices with our physical activity?
 - a. It helps us get play time and down time.
 - b. It helps us stay up later.
 - c. **It prevents gaining or losing too much weight.**
4. Which of these are barriers to participating in physical activity or healthy eating?
 - a. **Busy schedules and weather**
 - b. Friends and family
 - c. Hunger and goal-setting
5. An example of aerobic activity is:
 - a. Stretching your entire body
 - b. **Swimming**
 - c. Sit-ups
6. An example of strength training is:
 - a. Sit-ups
 - b. Push-ups
 - c. Lifting weights
 - d. **All of the above**
7. An example of stretching is:
 - a. Walking at a fast pace
 - b. Push-ups
 - c. **Yoga**

Vocabulary:

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

- Aerobic activities – physical activities where you move your whole body and increase your heart rate and breathing; examples include soccer, swimming, skating, walking at a fast pace, etc.
- Barriers – things that get in the way or make things more difficult
- Bones – hard substances that make up the skeleton
- Goal – something you decide to work towards achieving
- Heart rate – the number of times the heart beats per minute
- Muscles – fibrous tissues that help move our bodies
- Physical activity – any type of activity that gets the body working harder than normal
- Sedentary activities – things you do where you're pretty much just sitting still and being inactive; examples include watching TV or playing video games
- Strength activities – physical activities where you work to strengthen a specific muscle group; examples include sit-ups, push-ups and lifting weights
- Stretching activities – physical activities that help increase the range of motion of your joints, which allows you to move more freely; examples include yoga, martial arts and dancing
- Yoga – a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation

Physical Activity Lesson Worksheet

Name: _____

Date: _____

Instructions: Complete this worksheet as you move through the Physical Activity Lesson.

1. List the three types of physical activity.
 - a. _____
 - b. _____
 - c. _____

2. List three examples of aerobic activity that you enjoy.
 - a. _____
 - b. _____
 - c. _____

3. List two strength exercises that you enjoy.
 - a. _____
 - b. _____

4. List two stretching exercises that you enjoy.
 - a. _____
 - b. _____



5. List three benefits of physical activity.

- a. _____
- b. _____
- c. _____

6. List three indoor physical activities you could do when you can't go outside.

- a. _____
- b. _____
- c. _____

7. List the five steps of the decision-making process.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____



Physical Activity Lesson Worksheet Answer Key

1. List the three types of physical activity.
 - a. Aerobic.
 - b. Strength
 - c. Stretching

2. List three examples of aerobic activity that you enjoy.
Basketball, tennis, swimming, dancing, running, walking at a fast pace, etc.

3. List two strength exercises that you enjoy.
Lifting weights, sit-ups, push-ups, pull-ups, gymnastics, etc.

4. List two stretching exercises that you enjoy.
Toe touches, stretching any muscled group, dancing, yoga, etc.

5. List three benefits of physical activity.
Gives you more energy, helps you focus, helps you sleep better, makes you feel better about yourself, develops stronger bones and muscles, etc.

6. List three indoor physical activities you could do when you can't go outside.
Jumping jacks, running up and down stairs, dance party, clean your room, sit-ups, push-ups, go to a local community center, etc.

7. List the give steps of the decision-making process.
 - a. Define the situation.
 - b. Look at your options.
 - c. List the positives and negatives of each option.
 - d. Make your decision.
 - e. Evaluate your decision.

Supplemental Activity: Decision-Making

Objectives:

After completing this activity students will be able to:

- Identify one health-related situation that requires a thoughtful decision.
- List healthy options to a health-related issue or problem and examine the potential outcomes of each option.
- Choose the healthiest option when making a decision.

Materials Needed:

- Chalkboard or whiteboard
- Copies of Decision-Making Worksheet, included below
- Something to write with

Time Required:

30 minutes

Instructions:

Review the five steps of the decision-making process with students. The steps are:

1. Define the situation
2. Look at your options
3. List the positives and negatives of each option.
4. Make your decision.
5. Evaluate your decision.

Ask students to think about a health-related decision that they had to make recently, or one that they may need to make in the future. Give each student a copy of the Decision-Making Worksheet. It may be helpful to go through an example of a decision with the class. Examples could include deciding which sport to play, deciding between having an apple with peanut butter or a piece of apple pie for an after-school snack, deciding whether or not to try out for the select softball/baseball team, etc. Once students have completed this Decision-Making Worksheet, ask if anyone would like to share their decision.



Decision-Making Worksheet

Name: _____

Date: _____

1. Define the situation (What is the decision you need to make?).

2. Look at your options and list them (You may have more than two).

Option A: _____

Option B: _____

Option C: _____

Option D: _____

3. List the positives and negatives of each option.

	Option A	Option B	Option C	Option D
Positives				
Negatives				



4. Make your decision.

5. Evaluate your decision (Did you make the right choice?).

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Nutrition and Physical Activity Resources for Parents, Caregivers and Educators

- American Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, dpi.wi.gov/sspw



Transcript

Slide 1

In this lesson, you will learn about balancing physical activity with healthy food choices. You'll also learn how to make the healthiest decisions and who to talk to if you need help making decisions. Open the worksheet and print it or save it to your computer. Complete this worksheet as you move through this lesson.

Slide 2

Physical activity and healthy eating habits are both equally important. Physical activity is needed to keep the body healthy and strong, and proper nutrition is critical in fueling your body so you can be active and have energy for the day! We're all different in terms of our activity level, height and weight, so we each need a different amount of food. But it's important to pay attention to how much you are eating, because you want to make sure you are getting enough, but not too little and not too much, to power you through your day.

If your physical activity and food choices aren't balanced, you can end up gaining or losing too much weight.

Slide 3

Being physically active is essential to your health. There are three types of physical activity: aerobic, strength and stretching.

Slide 4

First let's talk about aerobic activity. Aerobic activity is any physical activity that gets your whole body moving and your heart rate up. That includes playing basketball, tennis, swimming, dancing, running or walking at a fast pace, just to name a few. It's important to do aerobic activities five to six times a week.

Slide 5

The next type is strength training, which is when you use your muscles to move parts of your body. You can lift weights as well as do sit-ups, push-ups, pull-ups or gymnastics! Strength training should be done three times a week.

Slide 6

Lastly, stretching is when you stretch your muscles. This could include simple stretches like touching your toes or stretching a certain muscle group for a count of 30 seconds. It can also include things like dancing or yoga. Do whatever feels good for you since everyone has different flexibility.

Slide 7

Sedentary activity is when you are sitting and not moving your body. Sedentary activities include watching tv, spending time on your phone or computer or playing video games. Most likely you're sitting down most of the day during school, so it's very important to limit the time you're spending doing these activities at home. Remember to spend no more than two hours each day doing sedentary activities outside of school.

Slide 8

We know physical activity is great for your body, but did you know it also helps your mind? That's because it gives you more energy, helps you focus, helps you sleep better at night and even makes you feel better about yourself. And that's all in addition to developing stronger bones and muscles. Just remember, in order to get all these benefits, it's important that you do a variety of activities.

Slide 9

Barriers are things that can make getting physical activity more difficult. Sometimes things like weather can make it harder to be active. Depending on where you live, it might be too cold, too hot or too rainy to go outside sometimes. But you can always be active inside. At home, you can do jumping jacks, run up and down the stairs, have a dance party, clean your room as fast as you can or do sit-ups and push-ups. If there are local community centers like the Boys and Girls Club or YMCA near you, you can have an adult take you there and go swimming or do other activities.



Slide 10

Making the right decision to be the healthiest person you can be, may be difficult at times. To help you make the healthiest decision, it's important to look at long-term outcomes. If you have the option between walking to school or getting a ride, what should you choose? The ride would be quicker, but walking is better for your heart, muscles and mind. Getting the fresh air allows you to focus better, which can help you get better grades and work towards your physical activity goal.

Another decision might be around choosing what activities you want to be involved in and how that may impact other parts of your life. An example might be how to balance a sport with band or play practice, as well as with your schoolwork. Do you want to focus on one sport or multiple sports? How will you balance being in the spring play and soccer? Do you have time to do it all? Lots to think about.

Slide 11

As you get older, you will need to make more and more of your own decisions. Luckily, there are some simple steps you can follow. First, you need to define the situation. What is the decision that you need to make? Next, look at all your options. Write them down if it helps. Then, list all the positives and negatives of each option. After that you will need to make your decision. But you're not done! It's a good idea to always go back and evaluate your decision. Did you make the right choice? If not, can you make a different decision next time?

Slide 12

Let's look at an example.

You're at a friend's house after school. It's finally getting nice outside and your friend asks whether you want to play video games or shoot some hoops outside. The decision's up to you. First define the situation and look at your options. Your two options are video games and basketball. Next list the positives and negatives of each option. While you've been dying to play this new video game, you also really want to get active since you've been sitting at school all day. And it's really nice outside. Now, it's time to make a decision. You chose basketball! Have fun! But don't forget to evaluate your decision. Was it the right decision? Are you happy with what you chose? Remember that if you're ever not happy with a decision you made, you can always make a different decision next time.



Slide 13

Great job! You have finished this lesson.



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