



Educator Guide: Physical Activity Lesson

Recommended for Grades:

7th grade

Time:

6 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. Distinguish between light, moderate and vigorous physical activity.
2. Predict the outcomes of not getting regular physical activity.

Lesson Description:

In this lesson, students will learn about physical activity, including the different levels of physical activity and the benefits of being active. Students will also learn the potential outcomes of not getting regular physical activity.



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 (or ideal) answer choices are bolded.

1. Which of these are potential outcomes of not getting regular physical activity?
Choose three that apply.
 - a. Weight loss
 - b. Weaker muscles and bones**
 - c. Decreased risk of developing certain diseases
 - d. Poor sleep**
 - e. Poor mood**
2. Which of these is a light intensity physical activity?
 - a. Shoveling snow
 - b. Stretching**
 - c. Dancing
3. Which of these is a moderate intensity physical activity?
 - a. Playing catch
 - b. Running
 - c. Brisk walking**
4. Which of these is a vigorous intensity physical activity?
 - a. Walking
 - b. Jumping rope**
 - c. Hiking
5. I feel better when I get regular physical activity.
 - a. Strongly agree**
 - b. Agree
 - c. Disagree
 - d. Strongly disagree

Vocabulary:

Use the following list of vocabulary as a reference for yourself or 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 that require you to move your whole body and increase your heart rate and breathing (examples include: soccer, swimming, skating, walking at a fast pace, etc.)
- Cardiovascular disease – conditions affecting the heart or blood vessels that can lead to a heart attack, chest pain or stroke
- Cholesterol – a type of fat found in your blood
- Exercise – activity requiring physical effort, done to sustain or improve health and fitness
- Flexibility training exercises – 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
- Heart – muscle that pumps blood throughout the body
- High blood pressure – when your blood pressure (the force of your blood pushing against the walls of your blood vessels) is consistently too high
- High cholesterol – occurs when there is too much cholesterol in the blood and the excess may be deposited along the walls of arteries, including the coronary arteries of the heart, the carotid arteries to the brain and the arteries that supply blood to the legs and the intestines
- Muscles – fibrous tissues that help move our bodies
- Physical activity – any type of activity that gets the body working harder than normal
- Pilates – a type of exercise (often performed with specialized equipment) that involves low-impact exercises and stretches designed to strengthen muscles of the torso
- Strength training activities – physical activities that strengthen a specific muscle group; examples include sit-ups, push-ups and lifting weights
- Type 2 Diabetes – a condition where the body's cells cannot use blood sugar efficiently for energy
- 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 main types of physical activity.

a. _____

b. _____

c. _____

2. List two aerobic exercises that you enjoy.

a. _____

b. _____

3. List two strength training exercises that you enjoy.

a. _____

b. _____

4. List two flexibility training exercises that you enjoy.

a. _____

b. _____



5. What are the three levels of intensity in physical activity?

a. _____

b. _____

c. _____

6. List three benefits of physical activity.

a. _____

b. _____

c. _____

7. List three consequences of not getting enough physical activity.

a. _____

b. _____

c. _____



Physical Activity Lesson Worksheet Answer Key

1. List the three main types of physical activity.

- a. Aerobic exercise
- b. Strength training
- c. Flexibility training

2. List two aerobic exercises that you enjoy.

Basketball, tennis, biking, swimming, dancing, running, walking at a fast pace, etc.

3. List two strength training exercises that you enjoy.

Abdominal crunches, squats, sit-ups, push-ups, pull-ups, pilates, etc.

4. List two flexibility training exercises that you enjoy.

Gymnastics, martial arts, stretching, yoga, etc.

5. What are the three levels of intensity in physical activity?

- a. Light
- b. Moderate
- c. Vigorous

6. List three benefits of physical activity.

Helps you feel better, helps you sleep better, keeps muscles and bones healthy and strong, decreases risk of developing certain diseases, helps you focus and learn, etc.

7. List three consequences of not getting enough physical activity.

Weight gain, weaker muscles and bones, increased risk of certain diseases, poor sleep, mood, and outlook, etc.

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 (video)

Camara: I'm sure you've all probably heard that exercise is "good for you". But, what exactly does that mean?

Taylor: Well, we're gonna find out. In this lesson you will learn all about different types of physical activity and how much you need each day. You'll also learn about the benefits of being active, as well as the consequences of not getting enough physical activity.

Camara: Open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

Slide 2

Your body was built to move! There are three main types of physical activity: aerobic exercise, strength training and flexibility training. Let's take a closer look at each type.

Slide 3

Aerobic exercise is the type of exercise that's really good for your heart and lungs. It's any exercise that gets the heart pumping and quickens your breathing. This will help your heart become stronger and more efficient in delivering oxygen to all parts of the body. There are lots of sports that are aerobic, such as swimming, basketball and soccer. But, don't worry if you don't like to play sports. There are plenty of other ways to get aerobic exercise. Walking, biking, running and dancing are all great options. We should aim for about 30 minutes of aerobic exercise, five days a week.

Slide 4

Strength training works many of the other muscles in your body. Different exercises strengthen different muscle groups. Yoga, pilates, lifting weights and crunches are all examples of strength training. If you're interested in lifting weights, you should check with your doctor to make sure it's safe. Proper technique is very important when lifting weights to reduce the risk of injury. Any time you start a new sport or activity, it's important to start out slowly so that your body gets used to the new movements. We should aim to strength train three times per week.

Slide 5

Certain exercises can help your body stay flexible, meaning that your muscles and joints stretch and bend easily. There are a lot of ways to build your flexibility: gymnastics, yoga, martial arts and stretching. Stretching should never hurt. If you have reached a point in your stretch where it hurts, relax to where it feels only slightly uncomfortable and hold the stretch there. Hold each stretch for 30 seconds for the best results. And, don't forget to breathe! To increase your body's flexibility, you should do some flexibility training daily.

Slide 6

There are three levels of intensity when it comes to physical activity: light intensity, moderate intensity and high intensity.

Light intensity requires the least amount of effort. Examples would include taking a casual walk around the block, stretching or playing catch.

Moderate intensity requires more effort to perform the desired activity. Examples would include brisk walking, hiking or shoveling snow.

Vigorous intensity requires your body to work hard. Examples would include jogging or running, jumping rope, dancing or playing a game of basketball or soccer.

A simple test to determine what level you're working at is the "talk test". Basically, you would have no trouble holding a conversation or singing while doing light activities. You could hold a conversation, but couldn't sing a song while working at a moderate level. And, while doing a vigorous activity you shouldn't be able to say more than a few words at a time.

Slide 7

There are so many good things that happen when you get regular physical activity. Exercise is good for every part of your body, including your mind! Getting regular physical activity will help you maintain a healthy weight, while also reducing your risk for developing certain diseases, like Type 2 Diabetes, high blood pressure and high cholesterol. You'll definitely get stronger muscles and bones if you exercise too. On top of all that, exercise can help you sleep, learn and feel better too!



Slide 8

Not getting regular physical activity can have a lot of negative effects. In addition to being more likely to gain weight, kids who don't get enough exercise tend to have weaker muscles and bones. Kids who are inactive also have an increased risk of developing Type 2 Diabetes, high blood pressure and high blood cholesterol. All of these can increase a person's risk of developing cardiovascular disease as they get older. On top of all these things, being inactive can affect your sleep, your mood and your general outlook on life.

Slide 9 (video)

Camara: As you can see, being active has all kinds of benefits. But, sometimes you have to get a little creative.

Tayler: You may be limited to what you can do for many different reasons. Maybe it's too cold or too rainy to go for a walk. Maybe you don't live near a gym or a community center. Maybe all your friends play basketball, but you don't like to play.

Camara: If the weather's not great and you don't have anywhere to go to be active, think about what you could do at home. Could you do sit-ups and push-ups in your bedroom? Or, could you put on some music and dance around awhile?

Tayler: And, if you don't like to do the same things as your friends, try to find some friends, or family members, who do like to do similar activities. Remember, you don't have to play sports to be active.

Camara: If you're having trouble finding time to exercise take a look at how much time you spend each day doing inactive things like watching TV, playing video games or talking to or texting your friends. Remember to try to limit sedentary activities like these to no more than two hours per day outside of school.

Tayler: Hopefully we've given you a lot of ideas on ways to be active. We've gotta run, but we'll see you later!



Acknowledgements

Children's Wisconsin's Nutrition and Physical Activity lessons and activities were developed in partnership with Kohl's Cares.

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of Nutrition and Physical Activity lessons and activities:

Brian Butler, PT, DPT, LAT, Children's Wisconsin

Jennifer Crouse, MS, RD, CD, CDE, Children's Wisconsin

John Parkhurst, Ph.D. LP, Child & Adolescent Psychologist, Assistant Clinical Professor of Psychiatry, Medical College of Wisconsin





Contact us:

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

(866) 228-5670

healthykids@childrenswi.org

