



Educator guide: Activity pyramid lesson

Recommended for grades:

2nd 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 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. Demonstrate how to locate their pulse in their neck.

Lesson description:

In this lesson students will hear about different activities that can be done outside or inside. They will learn about different types of physical activity by exploring the activity pyramid and how often they should do the different activity types. They will also learn how to locate their pulse.

Pre and post-test questions:

Use the questions on the following page with your students in any way that you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



1. What is a sign that your body is doing aerobic activity?
 - a. Your heart beats faster
 - b. You are hungry after
 - c. Your muscles feel sore later

2. Which activity is sedentary? Circle one picture.



Running



Playing video games



Swimming



Dancing

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
- 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! image resource (included on next page)

Time required:

15 minutes

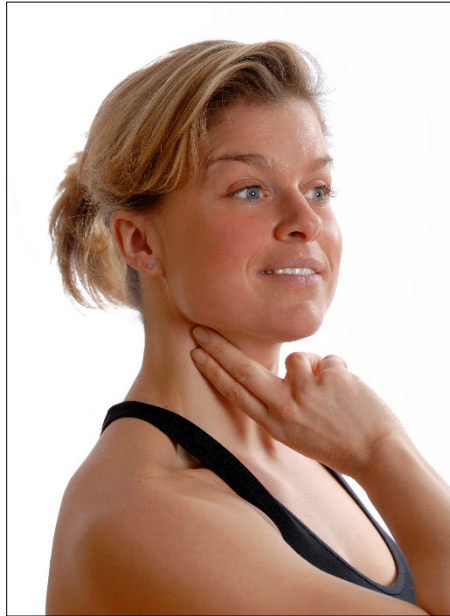
Instructions:

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 image resource, 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've completed the minute of exercise, have them find their pulse again. It should be higher than their resting pulse!

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

The activity pyramid tells you about all the choices you have for doing physical activity. We'll learn more about the activity pyramid, but first, let's see what our friends' favorite activities are. Click on their pictures to hear their stories.

Sofia: Well, I love music. I love to sing it, play it or listen to it! So you can guess that when the music is on, I'm dancing! It's a great exercise to get my heart pumping!

Carly: I used to walk the dog, but walking is too slow for me! Now I love to run. Even if it's only for a few steps, I like the way that running changes your whole body and makes you feel full of energy!

Jack: When I watch TV, I get up and do jumping jacks or sit ups during the commercials. I like to count how many I can do and try to do more at the next commercial break.

Zach: My allergies get bad when I'm outside, so I find ways to be active inside. I like to go to the gym and shoot hoops. I can even do that when it's raining outside.

Slide 3

Your friends' activity choices are just a few ways to get moving. There are many more! The activity pyramid tells you all about different kinds of activities. Remember, you should get at least one hour of physical activity every day.



Slide 4

Click on the sections of the activity pyramid to learn more.

Top section - Sedentary activities. Sedentary activities mean you are not moving around much. Some different kinds of sedentary activities are watching TV, playing video games or using the computer. In total, do these activities for no more than two hours a day outside of school.

Second from top - Strength and flexibility. This kind of physical activity makes your muscles stronger and allows your body to move and bend more. Some different kinds are lifting weights, stretching, gymnastics, martial arts, push-ups and pull-ups, or playing on playground equipment. Do these activities two to three times a week. Stand up and do 10 slow toe touches to stretch your body.

Second from bottom - Aerobic activities. This kind of physical activity makes you breathe heavier and your heart beat faster. Some different kinds are running, swimming, skateboarding, dancing, bike riding, basketball and soccer. Do these activities three to five times a week. Stand up and run in place for 20 seconds.

Bottom section - Everyday activities. This is the kind of physical activity you can do every day! Some different kinds are walking, climbing up stairs, baseball, kickball, helping around the house, and playing outside. Raise your hand and tell your teacher one everyday activity that you like to do.

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Physical activity is great for your body! It helps your brain so you can think clearly. It makes your heart stronger so it can pump blood from your head to your toes. Plus, it helps you build stronger muscles and bones. Carly uses the activity pyramid every day.

Carly: I want to be an astronaut, and I know they have to be in great shape! That's why I use the activity pyramid to choose activities to keep me strong. Do you want to know what kinds? Click the next button!



Slide 6

Carly: Hey guys! I'm going to tell you how I use the activity pyramid to choose my activities. Click on the different parts of my picture to hear more!

Legs/feet - Running – my favorite! I use my legs and my feet to run three times a week. It gets my heart beating faster and my lungs breathing heavier, and it feels really good!

Hands - Well, I admit, I like video games. I use my hands to hold the controller, but my goal is to keep my video game playing to 20 minutes a day.

Arms - It's really easy to use my arms every day to carry groceries, or spare parts for my dad's spaceship!

Stomach - Now here's a workout – I use my stomach muscles to do sit-ups twice a week. It helps balance out my video game playing!

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Let's talk more about aerobic activities. Remember, those are activities that get your heart beating faster.

You can tell if your heart is beating faster by checking your pulse. You can find your pulse by lightly pressing your first two fingers on the side of your neck below your jaw bone, or on the inside of your wrist below your thumb. Can you find it? If you're having trouble, ask your teacher for help.

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Jack: Whoa! It's like I can feel my heart working. Now let's see what happens when I run in place. Stand up and run in place with me... Now can you feel it?



Slide 9

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 is a great activity to get your heart beating faster! You can do laps, go off the diving board or just play with your friends! Just make sure there's a grown up with you.

Playground - Everybody loves recess! On the playground, you can climb on the jungle gym, swing or have a race!

Home - Home is a great place for physical activities. You can dance, play with your pet or even help out with chores.

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

Park - Even when it's snowy outside, you can go to the park and get moving. Try sledding or ice skating!

Community center - A lot of neighborhoods have community centers where you can be active all year. If it's warm, you can play baseball or soccer outside. If it's cold, you can play basketball or swim in the indoor pool!

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Good job!



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