



# Educator guide: Physical activity lesson

## **Recommended for grades:**

4<sup>th</sup> grade

## **Time:**

10 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 6: Use a goal-setting process 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](http://shapeamerica.org).

## **Learning objectives:**

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including at least one that specifically helps keep the mind healthy) they can do each day.
2. Explain two benefits of physical activity.
3. Identify two physical activities that they enjoy.

## **Lesson description:**

In this lesson students will learn about physical activity, including the different types of physical activity, and the benefits of each type. Students will also explore goal setting and learn how to set SMART goals.



### 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. Which of these are benefits of physical activity?
  - a. You'll need less sleep and you'll have more energy.
  - b. **You'll have more energy and it helps you learn.**
  - c. You'll get stronger bones and muscles and you'll sleep less at night.

## 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 where you move your whole body and increase your heart rate and breathing. Examples include soccer, swimming, skating and walking at a fast pace
- Attainable – able to be achieved
- Bones – hard substances that make up the skeleton
- Brain – the organ inside the head that controls thought, memory, feelings and activity
- Flexibility 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.
- Goal – something you decide to work towards achieving
- Heart – an organ that pumps blood throughout the body
- Lungs – a pair of organs located in the chest that are used for breathing
- Marathon – a long distance run, consisting of 26.2 miles
- Measurable – able to be measured
- Muscles – fibrous tissues that help move our bodies
- Physical activity – any type of activity that gets the body working harder than normal
- Relevant – matters, or is important, to you
- Sedentary activities – things you do where you're pretty much just sitting still and being inactive; examples include watching TV or playing video games
- SMART goal – a goal that you want to achieve, that is specific, measurable, attainable, relevant to you and timely
- Specific – clearly defined
- Timely – having a specific beginning and an end

# Physical activity worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Physical activity lesson.

1. List two things that happen to your body during physical activity.

a. \_\_\_\_\_

b. \_\_\_\_\_

2. List the three types of physical activity.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. List three examples of aerobic activity that you enjoy.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

4. List two strength exercises that you could do at home.

a. \_\_\_\_\_

b. \_\_\_\_\_

5. List two flexibility exercises you enjoy.

a. \_\_\_\_\_

b. \_\_\_\_\_

6. What is the most amount of time you should spend each day, outside of school, on sedentary activities?

\_\_\_\_\_

7. List three benefits of physical activity.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

8. List three indoor or outdoor physical activities you could do in the winter.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

9. What are three risks of not getting enough physical activity?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

10. What makes a goal SMART?

S- \_\_\_\_\_

M- \_\_\_\_\_

A- \_\_\_\_\_

R- \_\_\_\_\_

T- \_\_\_\_\_

11. Write down one SMART goal that you would like to achieve around physical activity.

# Physical activity worksheet answer key

1. List two things that happen to your body during physical activity.  
Your body works harder, your heart rate goes up and you sweat
2. List the three types of physical activity.
  - a. Aerobic
  - b. Strength
  - c. Flexibility
3. List three examples of aerobic activity that you enjoy.  
Soccer, basketball, swimming, dancing, skating, walking, tennis, running, etc.
4. List two strength exercises that you could do at home.  
Lifting weights, sit-ups, push-ups, pull-ups, etc.
5. List two flexibility exercises you enjoy.  
Stretching, yoga, dancing, martial arts, etc.
6. What is the most amount of time you should spend each day, outside of school, on sedentary activities?  
2 hours
7. List three benefits of physical activity.  
Helps you learn, gives you energy, helps you focus, helps you sleep better at night, helps you feel better about yourself, etc.
8. List three indoor or outdoor physical activities you could do in the winter.  
Shoveling, sledding, ice skating, ice hockey, building a snowman, jumping jacks, stairs, dancing, picking up your room, sit-ups, push-ups, etc.
9. What are three risks of not getting enough physical activity?  
Any of the following answers are acceptable: less energy, more injuries, less flexibility and strength, weight gain, heart and lung problems, etc.

10. What makes a goal SMART?

S - Specific

M - Measurable

A - Attainable

R - Relevant

T - Timely

11. Write down one SMART goal that you would like to achieve around physical activity.

Any goal that is related to physical activity and is specific, measurable, attainable, relevant and timely is acceptable.



# Supplemental activity: Goal setting

## Objectives:

After completing this activity students will be able to:

- Write a personal health goal and track progress toward the goal.
- Demonstrate health-enhancing behaviors, such as participating in physical activity, eating healthy foods and getting proper rest.

## Materials needed:

- Chalkboard or whiteboard for brainstorming
- SMART goal worksheet (found below)

## Time required:

30 minutes

## Instructions:

On the chalkboard or whiteboard, write what makes a goal a SMART goal.

Specific - What exactly do you want to do?

Measurable - How will you know when you have reached your goal?

Attainable - With hard work, is it possible to reach your goal?

Relevant - What about your goal makes it important to you?

Timely - When do you want to meet your goal?

Give each student a copy of the SMART goal worksheet have them think about a health-related goal that they would like to set for themselves. Goals should be personal. Students can share their goal with others if they want to, but shouldn't feel forced to.

After students fill in their SMART goal, they will need to develop a plan for reaching that goal. Discuss resources and other people who can help them achieve their goals.

Each student should track their goal on a daily basis. Students may wish to use a personal calendar, assignment notebook, the SMART goal worksheet, or any other format that works for them. Perhaps hold a weekly check-in with students to discuss how it is going for them.



# SMART goal worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Think about a health-related goal that you would like to set for yourself. Answer the questions below to make sure your goal is a SMART goal. Then, you can make a plan to reach your goal and track your progress each day.

Specific: What exactly do I want to do?

Measurable: How will I track my progress? How will I know when I have reached my goal?

Attainable: With hard work, is it possible for me to reach my goal?

Relevant: Why am I doing this? Is it important to me?

Timely: When will I complete my goal?



What is your plan for reaching your goal?

Track your progress toward your goal:



# Transcript

## Slide 1

In this lesson, you will learn about different types of physical activity, how it helps you and where and how you can do it. You'll also learn how to set goals around physical activity. Open the worksheet and print it or save it to your computer. Complete this worksheet as you move through the lesson.

## Slide 2

Physical activity is when your body is working harder than normal. This means your body temperature increases, your heart rate goes up and you may even sweat. These actions are called body cues.

## Slide 3

There are three types of physical activity: aerobic, strength and flexibility.

First we'll take a look at the aerobic activities, or exercises. Aerobic exercise is when you move your whole body and increase your heart rate and breathing. Things like soccer, basketball, swimming, dancing, skating, tennis or walking at a fast pace are examples of aerobic exercise. It's important to do aerobic activities 5-6 times a week for at least 20 minutes each time. This helps your heart and lungs stay strong and healthy. Think about what your favorite form of aerobic activity is.

## Slide 4

Strengthening your muscles is also very important. And it doesn't mean just lifting weights. You could do things like sit-ups, push-ups or pull-ups. You can strength train at home with activities like running the stairs, sitting to standing from a chair and leg lifts. You should aim to do strength training activities 2-3 times a week. This will help protect your joints and prevent injuries.



## Slide 5

Flexibility activities are things you should do each day. Although sometimes stretching can be a little uncomfortable, you can stretch your body by doing anything that stretches your muscles. This includes doing yoga, martial arts and even dancing. These flexibility activities allow your body to be able to move easier and stay strong.

## Slide 6

It's okay to sit down and rest occasionally, but too much sitting is bad for you. Sedentary activities aren't very healthy because you are not moving. It is recommended to not get any more than 2 hours of sedentary activity a day, outside of school. This means you should try to limit your time spent on the phone, computer, watching TV or playing video games.

## Slide 7

There are lots of good things that can happen when you are physically active. Did you know that physical activity helps you to learn better? 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. You also get stronger bones and muscles. Just remember, in order to get all these benefits, it is important to switch up your activities from time to time.

## Slide 8

Sometimes things like the weather can make it harder to be active. Depending on where you live, winters can be really cold, but that doesn't mean you can't get your daily physical activity! You can go outside and help shovel, go sledding, go ice skating or play hockey, or even build a snowman. All of these activities will help get your body moving, muscles working and heart pumping. Just remember to bundle up!

## Slide 9

If it's too cold or snowy to go outside, or even if it's too hot and humid, you can always be active inside. At home, you can do jumping jacks, run up and down the stairs, dance to your favorite song, pick up 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 could have an adult take you there and play basketball or do other activities.



## Slide 10

Watch this video to see what other kids your age like to do to stay active and how physical activity helps them.

Video:

Well I play basketball, I play baseball and I play football.

I like to swim a lot. I love volleyball and I love to play kickball.

I like to do dance and gymnastics.

I like to play soccer, basketball.

I like to play basketball because it'll clear my mind.

I like swimming because it's very fun.

I like playing soccer cuz I think it helps me grow.

I like soccer because it gives me a lot of self-confidence.

One of my favorite things to do is BMX racing.

I really like to dance.

I like dancing. It's really fun to just get your moves down.

Me and my family, we will walk to Reservoir Park. It's like a half a mile. Sometimes we'll take our scooters. We play outside a lot too.

I like to run around, but I mostly like the swings because I feel like I can go up higher in the air and I can breathe all the fresh air.

So in the winter a lot of times I go sledding with my siblings.

We have snowball fights, we make snowball forts.

In the winter time I like to go shoveling. Sometimes the snow is heavy and it helps my muscles grow too.

I also like to do exercises inside. Like I like push-ups and jumping jacks.

I let my dog out of its cage and I start playing soccer with it down in the basement.

I run on the treadmill.

Sometimes, I even like to run up and down the stairs for exercise.

When it's not nice outside, I like to play Wipeout on my Xbox.



I go on the Wii with my family and we play a game called Just Dance.

I also like to play Just Dance. I mean it's hard, but it's really fun.

Sometimes I like to do a lot of stretches. It makes me just focus on one thing.

My mom and me sometimes do yoga together.

I'm going to be doing cheerleading next year in middle school.

Basketball really helps me stay strong and it makes my body like more healthy and it also helps me get more sleep.

I feel really strong after I do exercises.

Being active in general helps me like, my self-esteem and my confidence.

It makes me feel happy.

And like whenever I do it I feel really good about myself.

It makes me feel energetic and it gives me more like strength.

I like being active because it also helps me sleep better. Because when you're like tired from playing, then you fall asleep faster.

After I get my body moving, I feel happy and I feel like calm.

Sometimes when I play sports outside at recess, it helps me focus better inside during math or science.

Getting exercise helps me go to sleep faster, makes me be calm.

Getting exercise helps me focus and it helps me stay calm and more happy and excited about the things that I'm doing.

## Slide 11

If you don't get the recommended amount of physical activity, you face some short-term and long-term risks. Risks you may experience almost right away are less energy, a higher likelihood of injury, and less flexibility and strength. Long term risks include weight gain, heart and lung problems, and again, a higher risk for injury.



## Slide 12

Many people set goals around physical activity. A goal is something you want to do or accomplish. You'll want to make sure your goals are SMART though. That means your goals need to be specific, measurable, attainable, relevant and timely.

Specific means what exactly do you want to do?

Measurable means that you need to be able to know when you've reached your goal.

Making it attainable means that it shouldn't be so hard that you'll never be able to reach it.

Relevant means it must be important to you, or else you're not going to follow through on it.

And, timely means you need a specific deadline for your goal.

For example, saying that you want to run a marathon sometime soon isn't a very SMART goal. It's not very attainable to run a marathon without lots of training, and sometime soon isn't very specific timing. A better SMART goal might be something like I want to train for and run a 5K on May 21st.

## Slide 13

Click on Sofia and Jack to hear what their SMART goals are around physical activity.

Sofia: My goal is to get one hour of physical activity every day for the rest of this month. I will do this by walking the dog every day after school, playing soccer with my friends and having a weekly dance party at home with my family.

Jack: My goal is to do no more than two hours of sedentary activities each day for the next two months. Instead of playing video games on the weekends, I'll go to the park and play tag with my little sister. She's always bugging me to play with her.

## Slide 14

Using the SMART technique, you can reach any goal you want. Another great idea is to involve a parent, doctor, school nurse, teacher, older sibling or other relative in your goal so they can help motivate and remind you. It is helpful to write down your goals and keep track of them. It's also fun to cross them off when you complete them! Good luck!





Slide 15

Great job! You've completed this lesson.



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Contact us:

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

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

