



# Educator Guide: Physical Activity Lesson

## **Recommended for Grades:**

6<sup>th</sup> 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](http://shapeamerica.org).

## **Learning Objectives:**

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including one that specifically helps keep the mind healthy) they can do each day.
2. Describe two benefits of physical activity.
3. Predict the outcomes of not getting regular physical activity.

## **Lesson Description:**

In this lesson students will learn about physical activity, including the different types and the benefits of being active. They will also learn about 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 answer choices are bolded.

1. How much physical activity should you get each day?
  - a. 30 minutes
  - b. 45 minutes
  - c. **1 hour**
  
2. Which of the following are benefits of physical activity? Choose all that apply.
  - a. **Better sleep**
  - b. **Decreased risk of developing certain diseases**
  - c. Reduced need for sleep
  - d. Less energy
  - e. **Better able to learn and focus**
  
3. Which of these are potential outcomes of not getting regular physical activity? Choose all that apply.
  - a. Weight loss
  - b. **Weaker muscles and bones**
  - c. Decreased risk of developing certain diseases
  - d. **Poor sleep**
  - e. **Poor mood**

## 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, walking at a fast pace, etc.
- Cholesterol – a type of fat found in your blood
- Exercise – activity requiring physical effort, done to sustain or improve health and fitness
- Flexibility training 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
- 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
- Oxygen – an odorless gas that is present in the air and necessary to maintain life
- Overweight – Weight that is higher than what is considered to be healthy for a given height
- Physical activity – any type of activity that gets the body working harder than normal
- Pilates – a type of exercise that involves low-impact exercises and stretches designed to strengthen muscles of the torso (often performed with specialized equipment)
- Sedentary activities – things you do where you're sitting still and being inactive, such as watching TV or playing video games
- Strength training activities – physical activities where you work to 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 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 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. How many minutes of physical activity should you get each day?

\_\_\_\_\_

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 Worksheet Answer Key

1. List the three 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. How many minutes of physical activity should you get each day?

60 minutes
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

# 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](https://dpi.wi.gov/sspw)



# Transcript

## Slide 1

Jack: You've probably heard that exercise is "good for you". But, do you know all the reasons why it's good for you? For one, exercise can give you more energy. And, being active on a regular basis can put you in a better mood too!

Sofia: 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.

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

## Slide 2

It's important to be physically active every day. 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. 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 aerobic activities.

#### Slide 4

Strength training is good for many of the other muscles in your body. When you use your muscles they become stronger, and that allows you greater stability throughout your entire body. This helps you with many activities, including standing, climbing stairs, putting items in cabinets and lots of other daily activities. Strong muscles also help protect your body from injuries. Different exercises strengthen different muscle groups. For example, pull-ups and push-ups are great for your muscles in your arms. Yoga, Pilates and crunches are all great for your abdominal muscles. And, running, biking and squats are good for your leg muscles.

#### Slide 5

Certain exercises can help your body stay flexible, meaning that your muscles and joints stretch and bend easily. People who are flexible can worry less about strained muscles and sprains. There are lots of ways to build your flexibility. Gymnastics, yoga, martial arts and stretching are all good examples.

#### Slide 6

Jack: One of the biggest reasons people don't exercise is that they don't think it's fun. If what you're doing isn't fun, it's hard to keep it up! Luckily, there are many different activities that you can try out and see which ones you like best.

Sofia: Other people stop exercising because it makes them sore or tired. The good news is that if you exercise more often, your body gets used to it, and it's easier to do! Start by doing a new exercise for just 10-15 minutes at a time and then add more time as your body gets in better shape.

Jack: Think about whether you want to exercise by yourself or with others. You also need to think about what is available near where you live. And, think about how much time you have. You will also need to consider whether you have any health conditions that may affect your exercise choices. If you have a health condition, your doctor can help you figure out which activities may be best for you.

#### Slide 7

Ideally, we should be active for 60 minutes each day. That may sound like a lot, but remember it all adds up! We should aim for 30 minutes of aerobic exercise five days a week. We should participate in strength training three times per week, and we should participate in flexibility training every day.



## Slide 8

Here's just one example of how it can all add up.

Today at school, you did 20 minutes of strength training in phy ed class. Then, you rode your bike to your friend's house. You played a little basketball with your friend while you were there. You rode your bike back home. And then you walked the dog after dinner.

Add that all up and you've got your 60 minutes of activity for the day!

## Slide 9

The benefits of physical activity are never ending. Exercise is good for every part of your body, including your mind! Exercise can help you feel and sleep better. It keeps your muscles and bones healthy and strong too. And, it can decrease a person's risk of developing certain diseases, like type 2 diabetes and high blood pressure. An added bonus is that exercise can help you focus and learn at school too. In general, you'll have more energy to do all the things you love to do!

## Slide 10

Not getting regular physical activity can have serious 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 not active 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 heart disease as they get older. On top of all these things, being inactive can affect your sleep, mood and general outlook on life.

## Slide 11

Sofia: Being active can be a lot of fun! There are so many different options to choose from, and you can do it alone or with friends.

Jack: Try to get outside if you can. Fresh air, in addition to physical activity, is a bonus!

Sofia: If you're having trouble finding time to exercise take a look at how much time each day you spend doing inactive things like watching TV, playing video games or spending time on your phone. Remember to try and limit sedentary activities like these to no more than 2 hours per day outside of school.

Jack: That should give you plenty of time to get moving! We've got to run, but we'll see you later!



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