



# Educator guide: Physical activity lesson

## **Recommended for grades:**

8<sup>th</sup> grade

## **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.

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. Determine the possible outcomes of eating too many processed foods and not getting regular physical activity.

## **Lesson description:**

In this lesson students will learn about different types of physical activity and the benefits of each type. They will also get some helpful safety tips and learn about the risks 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 these are potential outcomes of eating too many processed foods and not getting regular physical activity? Choose all that apply.
  - a. Weight gain**
  - b. Weight loss
  - c. Heart problems**
  - d. Better sleep
  - e. Low energy**

## 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 exercises – physical activities that require your heart to pump blood faster to deliver oxygen to working muscles. Examples include: biking, running, swimming, skating, walking at a fast pace, etc.
- Bone density – a measurement of the amount of calcium and other minerals in a segment of bone
- Cross training – doing two or more different physical activities
- Dynamic stretching – controlled movements such as arm swings or walking lunges that use muscle movement to stretch and warm up the muscles
- 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 gymnastics.
- Muscles – fibrous tissues that help move our bodies
- Physical activity – any type of activity that gets the body working harder than normal
- Sleep – the natural state of rest in which the eyes are closed and the body is inactive, allowing the body and brain to rest and recover
- Spotter – a person who stands nearby while another person is lifting weights, in order to minimize the chance of accidents or injuries
- Strength training activities – physical activities that use resistance, such as your own body weight or weights, to build strength. Examples include sit-ups, push-ups and lifting weights.
- Yoga – a mind and body practice that combines physical postures, breathing techniques, meditation or relaxation

# Physical activity 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 tips for safe aerobic exercise.

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

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

4. List two benefits of aerobic exercise.

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

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



5. List two strength training exercises that you enjoy.

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

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

6. List two tips for safe strength training.

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

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

7. List two benefits of strength training.

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

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

8. List two flexibility training exercises that you enjoy.

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

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

9. List two tips for safe flexibility training.

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

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



10. List two benefits of flexibility training.

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

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

11. List two consequences of not getting regular physical activity.

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

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



# Physical activity 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, soccer, biking, swimming, dancing, running, walking at a fast pace, etc.

3. List two tips for safe aerobic exercise.

Start slowly, warm up, listen to your body and stay hydrated

4. List two benefits of aerobic exercise.

Helps you sleep, learn and feel better, builds a stronger heart and lungs, helps control your weight and helps prevent or reduce your chances of developing certain diseases

5. List two strength training exercises that you enjoy.

Yoga, push-ups, lifting weights, squats, crunches, etc.

6. List two tips for safe strength training.

Warm up, learn proper technique, have a spotter when lifting weights and listen to your body

7. List two benefits of strength training.

Stronger muscles and bones, helps control weight, builds lean muscle and reduces fat and improved balance

8. List two flexibility training exercises that you enjoy.

Gymnastics, yoga, martial arts, stretching, etc.

9. List two tips for safe flexibility training.

Warm up, maintain each stretch for 10-30 seconds, stop if it hurts and stretch both sides equally

10. List two benefits of flexibility training.

Helps you move better and helps improve sports performance

11. List two consequences of not getting regular 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 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://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)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Slide 1 (video)

Taylor: Experts are always saying how great physical activity is for us. But, it can be confusing to figure out what types of exercises we should be doing, and how much.

Camara: It's definitely confusing! In this lesson you will learn all about different types of physical activity and how much you need each day. You'll also learn a little bit about how to prevent injuries while being active. And, of course we'll also be talking about the benefits of being active, as well as the consequences of being inactive.

Taylor: Open the worksheet and either save it to your computer or print it. Complete this worksheet as you move through this lesson.

## Slide 2

It's recommended that someone your age gets one hour of physical activity each day. 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 exercise that requires your heart to pump blood faster to deliver oxygen to working muscles. Basically, it's any exercise that gets the heart beating faster and quickens your breathing. Examples include biking, running, swimming, walking and dancing. Sports like soccer and basketball can also be good aerobic exercise. Just know that the activity needs to be done for more than a few minutes to be considered aerobic. You should aim for about 30 minutes of aerobic exercise, five days a week.

#### Slide 4

Any time you start a new sport or activity, it's important to start out slowly so that your body gets used to the increased and new activity. You aren't going to be able to decide one week that you want to start running, and then run a 10K the next week! Before any aerobic exercise, make sure to warm up your body for about 4-5 minutes by walking slowly, or with dynamic stretching, like walking lunges, arm circles or side steps. Always make sure to listen to your body. If something hurts, stop doing it! With new exercises you may be sore for up to a day after the activities. If the soreness lasts longer that means you did too much. It's important to stay hydrated too. You should be drinking water before, during and after aerobic exercise.

#### Slide 5

There are many benefits to aerobic exercise, and there's been a lot of research done about it. In general, it helps you sleep, learn and feel better overall. Your heart and lungs get stronger so they can work more efficiently. It also helps control your weight and can prevent or reduce your chances of developing some cancers, diabetes, heart disease and osteoporosis, which is a weakening of the bones.

#### Slide 6

Strength training includes exercises that use resistance to build strength. That resistance could be your own body or weights. Different exercises strengthen different muscle groups. Yoga, push-ups, lifting weights, squats and crunches are all examples of strength training. We should aim to strength train 3 times per week.

## Slide 7

Just like with aerobic activity, it's important to warm up for 5-10 minutes before strength training. Proper technique is also very important. It will help reduce the risk of injury. Take a look at examples of two common strength exercises. Click on each picture to learn more.

**Lunge:** When doing a lunge, start with your chest lifted, chin up and abs contracted. Take a big step forward with one foot. Sink straight down so your front knee tracks in line with your foot. Make sure your knee does not go beyond your toes. Your back knee should point down toward the floor, and you will be on your back toe. Then push back to the starting position.

**Squat:** When doing a squat, it's important to start with your legs and feet straight and arms pointed forward. As you squat, keep your back straight while bending your knees. Your shoulders may lean forward when bending forward at the waist. As you lower, think about sitting into a chair. Your knees should not come together and should not be in front of your toes.

## Slide 8

It's important that if you are lifting weights, especially free weights, you have someone nearby. This person is often called a spotter, and can help you through your workout. Before you start lifting weights, it's a good idea to check with your doctor to make sure it's safe for you.

Most importantly, listen to your body. If you're in the middle of a strength-training session and something doesn't feel right, or your feel pain, stop what you're doing!

## Slide 9

Strength training is a very important part of a balanced exercise routine. It builds muscle strength and bone density. The stronger your muscles and bones are, the healthier you will be. Strength training can also help control weight by building lean muscle and reducing fat in the body. It can even improve your balance.

## Slide 10

Flexibility is defined as the muscle's ability to stretch. There are lots of ways to build your flexibility: gymnastics, yoga, martial arts and stretching different muscles. To increase your body's flexibility, you should do some flexibility training daily.



## Slide 11

The best time to do flexibility training is when your muscles are already warm so they can stretch farther without tightness or pain. Always try to warm up with a few minutes of walking or other light activity before stretching. Stretching cold muscles can contribute to pulled or injured muscles. Maintain each stretch for 30 seconds. Holding a stretch for less than that won't help lengthen the muscle. Stretching should never hurt, but may be slightly uncomfortable. If it hurts, you need to stop the stretch. One last thing to remember is to stretch both sides of your body equally.

Being flexible helps you move better in general and may also help improve a person's sports performance.

## Slide 12

Not getting regular physical activity can have lots of negative effects. In addition to being more likely to gain weight, teens who don't get enough exercise tend to have weaker muscles and bones. They 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, your mood, and your general outlook on life.

## Slide 13 (video)

Camara: As with all good things though, it's possible to overdo exercise. Although exercise is a great way to maintain a healthy weight, exercising too much isn't healthy.

Taylor: It's also not a good idea to do a single sport or activity all the time because it can lead to overuse of certain muscle groups. It's important to cross-train, which means doing two different sports or activities to help keep a balance.

Camara: Well, I know we've given you lots to think about today, but remember, if you have more questions about physical activity you can ask your doctor, coach or other trusted adult to help you figure things out.



# Acknowledgements

Children's Wisconsin's 8th grade 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:

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