



## Lesson #15

### Exercise and Physical Activity

#### Time Table

**Total Time: 30 minutes**

- 2** Minutes: Introduction to Lesson
- 15** Minutes: *E for Exercise* PowerPoint Presentation
- 10** Minutes: Activity: *Ins & Outs of Exercise* & Physical Activities
- 3** Minutes: Explain Take Home: *Track Your Physical Activity*

**Goal:** Introduce students to the importance of physical activity for a healthy mind and body. Explain that bad habits formed at childhood can cause adverse effects later in life.

#### Objectives:

Students will:

- Learn the different types of exercise and the importance of each to the body.
- Understand the importance of getting 60 minutes of exercise every day.
- Understand how the body responds to exercise and physical activity.
- Learn different ways you can get physical activity indoors and outdoors.
- Understand that exercising everyday can be fun if you turn it into a social activity.

#### Materials:

- Chalkboard or dry erase board
- Chalk or marker
- PowerPoint: *Exercise and Physical Activity* Presentation
- Activity: Short Distance Sprint, Volleyball, or Shadow tag
  - Ball
- Take Home:
  - a. *Track Your Physical Activity* student activity worksheet
  - b. *Fit4Kidz Characters* student activity worksheet

#### Instructions:

1. Begin the lesson with a quick review of last week's lesson on food labels and ask them to share some of the food labels they brought in.
2. Tell students that this week's lesson focuses on getting exercise and physical activity into their daily routine to stay healthy, happy and strong.
3. Ask students what the first thing that goes through their mind when they hear the word "exercise". Most children think about going to the gym, running, or jogging, but exercise is not just that. Playing soccer, playing at recess, after school activities, swimming, and dance class all count as exercise.
4. Ask students to share some of their favorite exercises/physical activities.
5. Explain the different types of exercise, benefits of exercising, and why every child should exercise for at least 60 minutes everyday.

### **Types of Exercise:**

- **Flexibility exercise-** this involves stretching your muscles and joints for a greater range of motion.
  - a. Dancers
  - b. Runners/joggers
  - c. Basketball, soccer, football athletes
- **Aerobic exercise-** this exercise involves increasing your endurance levels and building a stronger cardiovascular system (heart and blood flow).
  - d. Types of activities: Running, cycling, swimming, jump roping, and walking.
- **Anaerobic exercise-** this exercise involves strengthening your muscles.

### **Benefits of exercise:**

- Exercise is your time to play and have fun. Students have a lot of pressures in their life and they are expected to prepare themselves for the evolving economy and competitive market. In all these pressures there's no more time to just be a kid anymore. Well, exercise and being physically active is your answer! Go out for an hour every day to have some fun and be social with your friends while doing some type of activity.
- Exercise helps build strong bones and muscles.
- Exercise helps keep your body healthy and mind active.
- Exercise can keep your heart healthy and your blood pressure normal. Blood pressure normalizes due to exercise because of increased blood flow.
- Exercise can keep your blood sugar normalized. When the body is in motion or being physically active, excessive sugar amounts in the blood are removed to normalize blood sugar.
- Exercise can prevent you from becoming overweight.
- Exercise can help you sleep better and help you do better in school.

### **Why Exercise:**

- Strengthen your muscles and cardiovascular system
- Weight loss or maintenance
- Enjoyment and excitement
- Build self-esteem and relieve stress
- Build better coordination, balance, accuracy, stamina, and overall health.

### **Why is Exercising Difficult?**

We all know that exercising and being physically active are good for us, then why do we not do it everyday? Why do we spend more time in front of the television, computers, and game systems (Wii® and PlayStation®) than enjoying the great outdoors and being active? This is a question that addresses not only children but teenagers and even adults. In the age of technology, people are more preoccupied with electronics, then exploring the great outdoors, being active, and having fun. People have become lazy in respect to exercising.

Using the *Fit4Kidz Ins & Outs of Exercise* teacher reference, discuss with students the variety of different activities they can do both indoors and outdoors. You may want to write these examples on the board as you go through them.

### **Activity #1:**

Tell students that today as a class, they are going to participate in some of these fun physical activities. Based on the weather, you can choose to remain indoors for the following activities or take the students outside. After the activities, bring students back together and tell them it is important for them to get at least 60 minutes (1

hour) of physical activity like this per day. Challenge them to track their activity this week using the *Track Your Physical Activity* student activity worksheet.

**Activity #2:**

Since today's lesson focuses on exercise, we want to encourage students to get more exercise by showing them how fun it can be! Below is a list of activities your students can engage in that will be fun for all:

- **Shadow Tag:** Players try to step on the shadow of another player to tag them.
- **Short Distance Sprints:** Have a group of students compete with each other in a short distance run. See who can make it to the finish line the fastest.
- **Volleyball:** In teams of three, players bat volleyball back and forth and try not to let it touch the ground. If the ball touches the ground, that team loses a point. The team with the least amount of points wins the game.

**Take Home:**

Have students fill out their *Track Your Physical Activity* student activity worksheet. They should track the amount of physical activity they do next week. For every 10 minutes of exercise they can put a *Fit4Kidz Character* icon under that day. The goal is to aim for 6 characters each day!

For further reference, students and families can visit [www.fit4kidz.us](http://www.fit4kidz.us).