

Potential Integration:
Math

Health
5.NPA.1.2 Use recommendations in MyPlate to increase physical activity.
5.NPA.3.2 Explain the benefits of regular physical activity on physical, mental, emotional, and social health.

Materials Needed:

Appendix 1 – Benefits of Being Physically Active (copies for each pair of students)
PowerPoint – Recommendations for Physical Activity
Appendix 2a, b – Why is Physical Activity Important?
Copies of slide # 10 from PowerPoint (one per student)

Focus:

Provide each pair of students with a copy of Benefits of Being Physically Active (Appendix 1). Ask pairs to work together to identify the benefits of exercise. They are to draw a circle around all that apply. Ask students to place a letter on each benefit to show the domain: P if it is a physical benefit, M is mental, E = emotional, and S = social.

When finished, call on students to name the benefits one at a time. Students will quickly see that all are benefits of being physically active and those benefits cover **all areas of health**: physical, mental, emotional, and social.

Statement of Objectives:

In your Healthful Living classes (Health and Physical Education), you have learned that regular physical activity is beneficial for everyone. In fact, fifth graders should spend an hour every day getting exercise. By the end of the lesson, you will be able to follow the recommendations of the government and physicians to increase physical activity.

Teacher Input:

The information in the PowerPoint, Recommendations for Physical Activity, come from the USDA, specifically www.ChooseMyPlate.gov. Appendix 2a, b can be background content for teachers or a handout for students. Show slides 1 – 8 and save slides #9 - 12 for the assessment activity.

Assessment:

Display slide #9. Explain this is a line plot of the amount of physical activity that a student participated in for one week. Ask them to add the amount of time by adding the fractions for seven days. [The answer is 7 hours, which averages to the recommended 60 minutes a day.] To complete the lesson, students will create a line plot of their physical activity for one week and determine if the average number of minutes equals 60 minutes daily.

Slides # 11 and 12 reflect the activity in minutes, rather than in fractions of hours.

Potential Integration:

Math

Closure:

So many rules about health begin with the word, Don't. Such as, don't touch the hot stove, don't ride a bike without a helmet, don't eat too many sweets, don't use tobacco, don't play video games too long, and don't forget to brush your teeth. Physical activity is a Do, not a Don't. Today we learned the benefits of physical activity and the recommendations for getting enough and different kinds of exercise.

Benefits of Being Physically Active

Directions: Circle the ways that being physically active can help you. Then place a letter (P, M, E, or S) to represent if the benefit is physical, mental, emotional, or social. [Content from MyPlate.gov]

Live Longer

Have Fun

Feel Good about Yourself

Have Stronger Muscles and Bones

Stay at or Get to a Healthy Weight

Lower Chances of Being Depressed

Be with Friends and Meet New People

Sleep Well at Night

Move Around More Easily

Think More Clearly



Why Is Physical Activity Important?

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun



When you are *not* physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.



Some types of physical activity are especially beneficial:

- **Aerobic activities** make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.

<http://www.choosemyplate.gov/physical-activity/why.html>

Potential Integration:
Math



- ***Muscle-strengthening activities*** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- ***Bone-strengthening activities*** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- ***Balance and stretching activities*** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

<http://www.choosemyplate.gov/physical-activity/why.html>