

## LESSON TWO: HEARTY ACTIVITY



APPROXIMATE TIME: 25-35 MINUTES

### OBJECTIVES:

- Students will be able to name three types of activities people need to do to make their bodies strong
- Students will design a playground that encourages students to increase their physical activity.
- Students will be able to see the correlation between physical activity and inactivity.

### Background for Teachers:

In this lesson, students will be studying how physical activity keeps our bodies strong. They will learn different types of activities they can do and how those activities work on their bodies. It is also important for students to see that when they are watching television or playing a videogame, they are not participating in physical activity. Planning to spend less time doing things that are inactive and planning to do more things that are physical is another desirable outcome of this lesson for students.

It is important that you or another adult demonstrate some of the activities so that students know exactly what you are talking about in learning the difference between the three types of physical activities. Make sure you share this lesson with the physical education teacher who may want to reinforce the lesson or team-teach it with you.

### Introduction: Up and Down

The point of this activity is to remind students that the things they do in their free time are usually either active or inactive.

Tell students that you are going to name an activity (which you can also act out if you like) and if it is something that they think makes their bodies healthy and strong they need to stand up. If it doesn't help their bodies to be stronger, they need to remain seated.

**Activities:**

- Playing kickball
- Playing Super Mario
- Watching sports on television
- Swimming
- Stretching
- Doing jumping jacks
- Climbing a jungle gym
- Coloring a picture
- Dancing

Explain that certainly it is fine to spend some time on the computer or watching television. But it is important every day that you spend lots of time doing activities that help your body be strong rather than just activities that keep you sitting.