

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Physical Activity
Grade 4
Lesson 1

Lesson 1: Physical Activity: What's It All About

Curriculum Expectations:

- Identify the factors that motivate participation in daily physical activity (e.g. fun, improved health, increased energy level)
- Recognize that the health of the heart and lungs is improved by physical activity (eg. aerobics activity to music)
- Recognize that muscle strength and endurance increase with exercise and physical activity

Objectives:

Students will:

- Receive a copy of Canada's Guide to Physical Activity and the Magazine for Children
- Describe the three types of physical activity (strength, endurance and flexibility) and give examples of these activities
- Make a list of reasons about why it is important to be active

Suggested Outline

Section 1: Introduce Today's Lesson

Section 2: Discussion/Background Information

Section 3: Activity

Section 4: Conclusion

Section 1: Introduce Today's Lesson

Give a copy of the Canada's Physical Activity Guide and the Magazine for Children to each student and have students review the guide and facilitate a group discussion on the points listed below.

Section 2: Discussion/Background Information

What is physical activity or active living?

- Active living is a way of life in which physical activity is valued and integrated daily.¹
- Active living is walking to school, playing with your friends, participating in gym class, stretching, climbing, running, playing sports, walking the dog, etc...

¹ The Ontario Curriculum Grades 1-8 Health and Physical Education



- Active living is doing something every day that does not involve sitting at school, watching television or playing video games.
- Every child, despite their age, height, weight, natural abilities or skills, needs to learn that physical activity is fun and does not have to be competitive. While participation in sports is encouraged, children need to know that sports are not the only way to stay active. Not all children enjoy competition. For these children, physical activity alternatives such as walking to school, household chores, biking and other activities are essential².
- Physical fitness is a state of well being that (a) allows people to perform daily activities with vigour; (b) reduces the risk of health problems related to lack of exercise; and (c) establishes a fitness base for participation in a variety of physical activities¹

Describe the three types of physical activity

There are three different types of physical activity:

- **Endurance activities** are activities that are continuous, constant and strengthen your heart, make you breathe deeper, your heart beat and pump faster and makes you feel warm. These activities include walking, running, biking, swimming, tennis, dancing, soccer, skipping, and walking on a golf course.
- **Flexibility activities** are the activities that encourage bending, stretching, reaching and extending. They help us to remain flexible. These activities include T'ai Chi, yoga, dance, ballet, gymnastics, a golf swing, and reaching upwards or down toward your toes.
- **Strength activities** are activities that help build strong muscles and bones. They are activities that make you work your muscles against some kind of resistance, like when you push or pull hard to open a heavy door. These include climbing, swinging across the playground bars, throwing a ball, standing up and sitting down, abdominal curls “sit ups”, push ups, wearing a backpack carrying books, and lifting weights.

Why is it important to do a variety of the three types of physical activities?

- Doing a variety of endurance, flexibility and strength activities will help you get the most health benefits. For example you need flexibility in order to walk or run down the street and you need strength to walk up and down stairs.
- All types of activities compliment each other. You need each one to ensure that you get maximum benefits.

¹ The Ontario Curriculum Grades 1-8 Health and Physical Education
² Canada's Physical Activity Guide for Children and Youth



- You may not even be aware that you are doing a variety of endurance, flexibility and strength activities within your normal daily routine such as taking the stairs and moving from the sitting to standing position.

Why do you think it is important to be physically active? (factors that motivate participation in daily physical activity)

Being Physically active helps you to:

- Meet new friends
- Have fun
- Improve physical self-esteem
- Makes us feel good about ourselves
- Achieve a healthy weight
- Build strong bones and strengthen muscles
- Maintain flexibility
- Helps us with posture and balance
- Improve fitness and gives us energy
- Strengthen the heart
- Increase relaxation
- Promotes healthy growth and development

What does Canada’s Guide to Physical Activity for Children recommend? What should we be doing to be active?

- The goal of the physical activity guide for children is to increase physical activity levels. The guide will help you increase time currently spent on physical activity, starting with 30 minutes more per day
- Children also need vigorous activity for healthy growth and development. Vigorous activities are those that makes their hearts beat faster, breathe deeper and their bodies sweat/perspire
- The other part is to reduce/decrease the “non-active” time spent on TV, video, computer games, and surfing the Internet, starting with 30 minutes less per day. Over time you will build up physical activity throughout the day in periods of 5-10 minutes until you reach 60 minutes of moderate activity and 30 minutes of vigorous activity daily

Section 3: Activity (Physical Activity Quiz)

Give each student a copy of the quiz and have them complete it. Answer sheet provided.

Section 4: Conclusion

Students should recognize the benefits of being physically active. They should recognize that they need to be active every day. Students should identify the 3 types of physical activity (endurance, flexibility and strength) and the reasons for doing a variety of these activities.

