

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

Physical Activity
Grade 5
Lesson 1

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

Curriculum Expectations:

- Describe the factors that motivate participation in daily physical activity (e.g. seeing an activity on TV, idolizing a sports hero, doing an activity with your family) and connect them to various activities

Objectives:

Students will:

- Receive a copy of Canada's Guide to Physical Activity for Youth
- Make a list of factors that influence them to participate in physical activity and link them to the activity they associate it with

Suggested Outline

Section 1: Introduce Today's Lesson

Section 2: Discussion/Background Information

Section 3: Activity (short story on physical activity and preferences)

Section 4: Conclusion

Section 1: Introduce Today's Lesson

Give copies of Canada's Physical Activity Guide and Magazine for Youth to each student and have students review the guide. Have students list factors influencing them to be physically active.

Section 2: Discussion/Background Information

What is active living?

- Active living is a way of life in which physical activity is valued and integrated daily¹
- Active living is walking to school, playing with your friends, participating in gym class, stretching, climbing, running, playing sports, walking the dog, etc...
- Active living is doing something every day that does not involve sitting at school, watching television or playing video games
- Everyone, no matter 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, youth need to know that sports are not the only way to stay active. Not all youth enjoy competition. For those who don't, physical activity alternatives such as hiking, household chores, cycling, walking and other activities are essential²

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

² Canada's Physical Activity Guide for Children and Youth



- 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

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

- The goal of the physical activity guide for youth 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
- At least 10 minutes of this increased activity needs to be vigorous. That is, activity that makes their hearts beat faster, makes them breathe more deeply and makes 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

Section 3: Activity

Have student write a one-page paper including information based on the following questions:

- Are you active every day?
- Why are you active every day?
- What influences or motivates you to be active every day?
- Make a list of physical activities that you like to do. Why do you like these activities? When did you first try these activities? What influenced you to try them?
- What influences or motivates you to be active every day? For each of the influences that you listed, what activities are you doing?

Section 4: Conclusion

Students should recognize the factors that influence or affect their participation and type of physical activity.

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

