

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

Physical Activity
Grade 5
Lesson 2

Lesson 2: Physical Activity: Types of Physical Activity

Curriculum Expectations:

- Describe the components of physical fitness and relate each component to an appropriate physical activity (e.g. cardiorespiratory – skipping; muscle endurance – abdominal crunches; muscle strength – push ups; flexibility – sit and reach) – *Please note that these terms have been replaced by “strength, endurance and flexibility” according to the Canada’s Guide to Physical Activity for Children and Youth*

Objectives:

Students will:

- Identify and describe the three types of physical activity (strength, endurance and flexibility)
- Understand the importance of health/physical fitness by doing a variety of activities
- Describe the difference between moderate and vigorous activity
- Identify the types of physical activity

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

Introduce the three types of physical activity (strength, endurance and flexibility) and the importance on your health of doing a variety of these activities. Discuss the difference between moderate and vigorous activity. Have students complete the “Types of Physical Activity” quiz.

Section 2: Discussion/Background Information

There are three different types of physical activity:

- **Endurance activities** are activities that are continuous and constant. They strengthen your heart, make you breathe deeper, make your heart beat and pump faster and make 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, such as pushing or pulling hard to open a heavy door. Strength activities 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
- 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/climbing the stairs and moving from the sitting to standing position

How Intense is your Activity?

- Vigorous physical activity is the degree to which an activity is vigorous is directly related to its ability to raise the heart rate and maintain this increase for a sustained period of time. Vigorous physical activities are aerobic, meaning they are the activities that are most beneficial in strengthening the heart and lungs¹
- Moderate physical activity is an activity that you can do at ease for a long period of time

Section 3: Activity (Identify the Type of Physical Activity Quiz)

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

Section 4: Conclusion

Students should recognize the benefits of being physically active. Students should identify the 3 types of physical activity (endurance, flexibility and strength) and the reasons for doing a variety of these activities.

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

