

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

**Physical Activity**  
**Grade 5**  
**Lesson 4**

**Lesson 4: Physical Activity: Setting Goals**

**Curriculum Expectations:**

- Incorporate time-management and organizational skills in the goal setting process (e.g. set a realistic goal, identify and address barriers, prepare an action plan, decide on who can help and identify how to know when the goal has been reached) related to physical activity or personal fitness

**Objectives:**

Students will:

- Assess current state of physical activity based on tracking sheets from Lesson 3
- Brainstorm and complete next phase of the goal setting process by creating an action plan

**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**

Students will review the log sheet from Lesson 3 and use the worksheet to analyze how much time they are currently spending on being active. Student will complete a series of questions to assist in the goal setting process. Have students reflect on an activity they identified that they liked to do or try in lesson 1 and brainstorm how they can include it into their day to help meet their goal.

**Section 2: Discussion/Background Information**

**What does Canada's Guide to Physical Activity for Youth say?**

- 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. The Canadian Paediatric Society recommends 2 hours of screen time per day for a total of 14 hours of screen time per week. 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**

#### **Activity 1: Analyzing Active and Non-Active Time**

Have students complete the worksheet to analyze their active and non-active time. Review recommendations from the Physical Activity Guide for Youth.

#### **Activity 2: Goal Setting**

Have students complete the Goal setting worksheet

### **Section 4: Conclusion**

Students should reflect on their current physical activity level. They should complete the goal setting activity, which will be reviewed in a week or at the next appropriate lesson. Students should recognize that being physically active is healthy and should be a part of their every day routine.