

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

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

**Lesson 5: Physical Activity: Reviewing your Goals**

**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– abdominal crunches; muscle strength – push ups; flexibility – sit and reach) – *Please note that these terms have been replaced by “strength, endurance and flexibility” according to the Canada’s Guide to Physical Activity for Children and Youth*
- Incorporate time-management and organizational skills in the goal setting process (e.g. set a realistic goal, identify and address barriers, prepare and action place, 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:

- Review Goals from Lesson 4. What steps have they taken in meeting their goals? What would they do differently?
- Address some common barriers to incorporating physical activity into their daily life by completing some case studies using their knowledge about 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**

Have students re-examine their goals using the worksheet provided and make changes to their goals based on their experience. Have students work through the case studies provided in groups using their knowledge about physical activity

**Section 2: Discussion/Background Information**

See previous lessons for specific background information

**Section 3: Activity**

**Activity 1: Reviewing Physical Activity Goals**

Have students complete the “Did I Meet My Physical Activity Goals” worksheet



**Activity 2: Case Studies**

Divide students into four groups and give each group a case study. Ask them to answer the question on the paper and give advice to the individual in the case study using information learned about physical activity. Have each group present their case study and recommendations to the class.

**Section 4: Conclusion**

Students should reflect what they have learned about the importance physical activity in their every day life and how their goals reflect this.

