LESSON PLAN A

Big Goals, Mini Goals

Time Frame: Three 40-minute sessions

Learning Objectives:

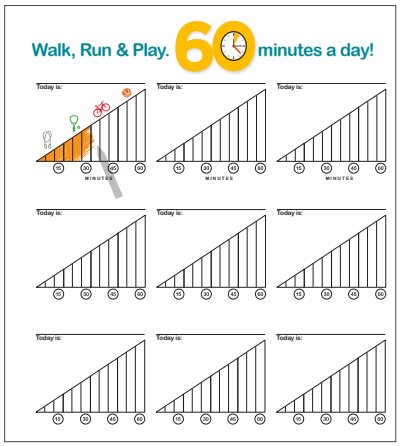
- Define "physical activity" and its importance for everyday health.
- Identify three basic types of physical activity and the importance it has on mental health.
- Complete and analyze personal physical activity calendar
- Set personal goals that incorporate physical activity.

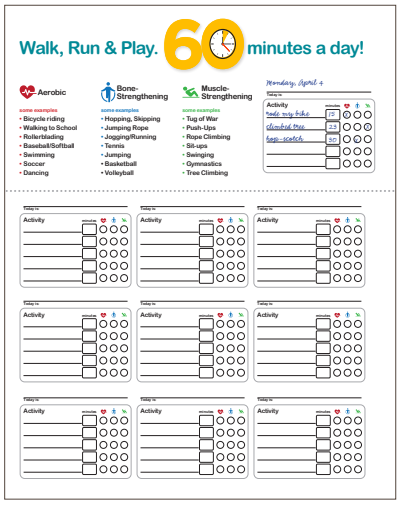
Materials for Lesson Plan:

- Copies of the "60 a Day" worksheet, one for each student
- Watch or clock with second hand
- Copies of the What's Your Activity IQ? worksheet
- "60 a Day" worksheets from Unit 1, Activity A
- Computer with Internet access
- Projector

Overview:

All students should have a common goal: engaging in 60 minutes of physical activity a day. Both the CDC and the American Heart Association recommend this be moderate-to-vigorous activity. In this lesson plan, students learn the three basic types of physical activity — aerobic, bone-strengthening and muscle-strengthening — and then break down the aerobic category into light, moderate and vigorous to learn the distinction between them.





60 Minutes A Day

Part A. Strive for 60

Time Frame: 40 minutes

Materials for Activity:

- Copies of the "60 a Day" worksheet, one for each student
- Watch or clock with second hand

Part 1. Discussion: Why is it so important to be active?

Talking Points:

Today we're going to focus on the benefits of daily physical activity. What do we mean by "physical activity?" Exercise, running around, playing sports are all types of physical activity.

What are the benefits of being physically active every day?

Regular physical activity keeps your heart healthy and strong. It also helps you build healthy muscles, bones and joints.

1. Physical activity is good for **both your body and your mind**! It can improve your mood, give you more energy during the day, and help you sleep better at night.
2. It is also a good way to help achieve and maintain a **healthy body weight**.

It's important to be physically active every day. Physical activity should be as important to your daily routine as brushing your teeth, bathing and getting enough sleep.

So how many minutes should we all be physically active each day?
A: **60 minutes** – at least!

According to doctors, most of those 60 minutes should be spent doing **aerobic** activities. Some people call this "cardio" as well. This is activity that gets your heart pumping, which makes you breathe harder and sweat.

What's the big deal about aerobic activity?

You're probably not thinking about this while you're running around or playing tag, but you're strengthening both your **heart** and your **lungs**. Your heart is pumping oxygen-rich blood to your arms, legs and head — getting you in shape for sports, play and doing your school work. **Keeping your heart in shape helps keep your whole body in shape!**

Q: Name two important reasons why you should strive to be physically active every day?
A: It's good for your heart. It's good for your mind. (Refer to the three points above.)

Part 2. Warm-Up Activities

Whole-Body Circle

Cross your arms in front of you, now reach up over your head and sweep them down to your thighs. You're making a big heart shape around your body with your arms. Now do it in the opposite direction. We'll call this the "Whole-Body Circle."

We're going to go out and do some running around in a few minutes, so first we're going to warm up our leg muscles. Have you ever done warm-up exercises in PE class? Warming up gets muscles moving slowly at first, helping them to stretch and move more smoothly. Let's do some easy ones here. Stand up beside your desks.

10-Step Warm-Up

Lead the class in this warm-up. Use a stop watch and do each sequence for 10 seconds:

- March In Place: March at a regular pace.
- Run In Place: Run at a regular pace. If you find this difficult, keep your toes on the ground and lift your heels while running in place.
- Run Wide: Place your feet further apart from each other and run in place.
- March In Place: March at a regular pace.
- High-Knee March: March in place slowly while lifting your knees as high as they can go.

- March & Reach: Now lift your hands over your head while you march.
- Sway Side to Side: Keep your hands up and sway them side to side as you march in place
- March In Place: March at a regular pace.
- Bounce in Place: You may hop or bounce on your toes.
- Walk In Place: Cool down while walking slowly.

End with another Whole-Body Circle, one in each direction.

Why do warm-ups? They stretch your muscles and make you more flexible. It's good to do them before doing vigorous activities like team sports but they're also good as "wake-ups" when you're feeling sleepy or low-energy and want a break while doing homework. You can also do them while you're watching TV or if you're bored. Do five minutes of warm-ups or wake-ups and mark them on your "60 a Day" worksheet. Every minute counts!

Now, who feels like running around?

Part 3. Outdoor or Indoor Physical Activity
Go outside and tell students to run around the playground or small field area for 5 minutes. Some can run in a large circle while others run in a different pattern. Tell kids it's not a race! Students who don't have proper shoes can jump rope, do jumping jacks or jog in place, in their stocking feet. Alternatively, you can do 5 minutes of aerobic activity in your classroom. Jogging in place, dancing, jumping jacks and pretending to jump rope are all good choices.

Part 4. Cool-Down Activity
Back in the classroom, pass out copies of the "60 a Day" worksheet to each student.

Okay, time to cool down! If you're feeling out of breath, walk in place next to your desk for the next minute to cool down.

Now let's sit and take a look at your "60 a Day" worksheet. Write your name at the top. Now write down the number of minutes you just spent running around. Was it 5 minutes? What type of activity was it? A: Aerobic! Running, jumping rope and jumping jacks all count as aerobic activities, so write the letter A next to your 5 minutes of activity.

What about your warm-up activity? That was 2 minutes. Make sure to write that down, too. Every minute counts!

Think about what activities you might do today and this week.
- What are a few of your favorite ways to get active?
- What are two new things you can try to get active?

Color the worksheet if you like and fill in the blanks. Hang on to your worksheet to use in the next lesson and to track your physical activity over the next week.

Extensions:
NFL Play 60 Challenge: What's Your Game Plan?
Join the NFL PLAY 60 Challenge and design your own game plan to get moving.

VIDEOS: NFL Play 60 Challenge Workouts
Encourage your students to get their recommended 60 minutes or more of physical activity a day with these quick videos, featuring NFL players. Appropriate for classroom or home use, these videos focus on movements that increase coordination, stabilization, flexibility, cardiovascular health, and strength.

Part B. Whole-Body Workout

Time Frame: 40 minutes

Materials for Activity:

- Copies of the What's Your Activity IQ? worksheet
- "60 a Day" charts from Activity A
- Watch or clock with a seconds hand

Instructions:
On a chalkboard or white board, write down the three categories of physical activity: Aerobic, Bone-Strengthening and Muscle-Strengthening. Tell students that today's lesson will focus on the three types of activity and that all three count for overall health.

Part 1. "Take 3" Activity
Heavy Lifting
Take two heavy textbooks and hold one in each hand. Raise them over your head and down 10 times, like you're lifting weights. No books handy? Then pretend you're at a playground and doing pull-ups or chin-ups on the monkey bars. Clench your fists in the air and pull down slowly for 10 times, imagining you're straining as your chin reaches the top.
Q: Which type of exercise was that? A: **Muscle-strengthening**

Jumping
Now let's do 10 star jumps.
Q: Which type of exercise was that? A: **Bone-strengthening**

Jogging
Now jog in place for 10 seconds.
Q: Which type of exercise was that? A: **Aerobic**
Q: Which other categories could this belong to?
A: **Bone-strengthening and Muscle-strengthening**

Instruction Continues:
Let's make a list of different sports, games and physical activities you like to do. We're going to put them into 3 categories.

	Aerobic	Bone-strengthening	Muscle-strengthening
Pull-ups and chin-ups			✓
Push-ups			✓
Bike riding	✓		✓
Swimming	✓		✓
Volleyball	✓	✓	
Basketball	✓	✓	
Gymnastics		✓	
Running	✓	✓	✓
Playing Tag	✓	✓	✓

After giving one example of each, ask the class to give further examples. They can use the list on their "60 a Day" chart for ideas. As they'll see, many can fit under more than one category. (Teachers can also use the CDC chart at the end of this lesson for reference.)

Q: Which type is most important?
A: All 3 types are important for your health.

Q: Which type should you do the most often?
A: Aerobic should be done every day. Experts say you should strive for 60 minutes of aerobic activity a day. On days when you can't do that, 30 minutes is okay.

Q: What about the other types?
A: Make sure to include 60 minutes of muscle- and bone-strengthening activities three times a week. The best way to make sure you do all three types is just to go out and play!

Q: Do you need to categorize the different kinds of aerobic activity?
A: Just run around and have fun. Bike riding, swimming and fast walking all count. Jogging, soccer, playing tag or dancing count too! Find a physical activity that you enjoy and that gets your heart pumping at the same time.

Part 2. Can you feel the beat?
Q: Here's a question: What is the most important muscle in our bodies?
A: The heart!

Point to your heart. It's about the size of your fist and is located right about here. [Place your hand over your heart.] Can you feel your heart beating? Let's check our heart rate. That way we can see how it changes when we exercise.

What is your pulse? What is your heart rate?
Your pulse and your heart rate are the same thing. Both terms refer to the number of times your heart beats in one minute. Your pulse is lower when you are at rest (like when you're sitting at your desk) and higher when you're physically active.

Why do you think your heart rate might increase when you're running around?
Because your muscles are going to be working harder, which means they'll need more oxygen, which they get from blood. To get more blood to the muscles, the heart needs to work harder, too! The heart's job is to pump blood to everywhere in the body.

How to take your pulse:
- Turn one hand palm side up. Touch your wrist with your other hand, placing the tips of your index, second and third fingers right below the base of the thumb. Move them around gently until you feel your blood pulsing.
- If you have trouble, try your neck instead. Place the tips of your index and second fingers on your lower neck on one side of your windpipe. Can you feel your pulse?
- Now count the beats you feel for 10 seconds, using a watch or clock with a second hand. Multiply this number by six to get your pulse per minute.

Keep in mind that pulse rates vary from person to person. School age children average 70 – 100 beats per minute.

Count your pulse: _____ beats in 10 seconds x 6 = _____ beats/minute

Okay, enough talking. Let's get moving!

Part 3. "Take 5"
Take 5 minutes to do your choice of physical activities in the classroom. Choose two or more activities that fall under two or more categories. Look at the clock in the classroom or take turns watching the time with a partner. For example:

Muscle-Strengthening: Push-ups, Planks
Bone-Building/Aerobic: Jumping Jacks, Invisible Jump Rope

At the end of five minutes, mark your activity on your "60 a Day" worksheet. Place an A, B or M next to the activities to indicate the activity type. Remember, every minute counts!

Alternate Activity: Play Tag!
If time and space allow, take your students outside or into the gym to play tag. Before leaving the classroom, brainstorm a list of all the different types of tag kids can think of. Then throw in a few ideas of your own. Tell them that playing tag includes all 3 types of physical activity. Plus, it can be done anytime, anywhere!

3 Key Takeaways:
- Be physically active at least 60 minutes every day.
- Make at least half of those minutes Aerobic. (30 minutes is good, 60 minutes is great!)
- Mix in both Muscle-Strengthening and Bone-Strengthening activities 3 times a week.

Now complete the following worksheet:

Worksheet: What's Your Activity IQ? (American Heart Association)

Extension:
Video: *The Heart: Heart Basics* |PBS Learning
Learn facts about the heart as you take a video tour of the famous two-story heart at the Franklin Institute in Philadelphia.

Teacher Reference:
Aerobic, Muscle- and Bone-Strengthening: What Counts? | CDC Chart
https://www.cdc.gov/physicalactivity/basics/children/what_counts.htm

All About Heart Rate (Pulse) | American Heart Association
http://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/all-about-heart-rate-pulse

Pulse and Heart Rate – Range for Children | Cleveland Clinic
https://my.clevelandclinic.org/health/diagnostics/17402-pulse--heart-rate

Family Connection:

Adults: Know Your Target Heart Rates for Exercise, Losing Weight and Health
http://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates

Part C. Mini Goals Matter Too!

Time Frame: 40 minutes

Materials for Activity:

- Computer with Internet access and projector

Part 1. Personal Best

As students keep learning, every little bit adds up! Encourage them to set their own personal goals and see if they can beat their personal best.

Think of activities that are fun to do on your own and challenge yourself to get better at them over time. There's no one to compete against except yourself! Or, if you feel like you get tired or winded easily and want to build up stamina, start slow and pick up speed. For example, you can keep a record of the number of:

- Jump roping minutes or number of jumps before stopping
- Basketball bounces while dribbling in place or while walking
- Tennis ball tosses in the air
- Jogging in place or marching in place
- Number of minutes jogging
- Distance jogging
- Stairs climbed each day
- Steps walked each day
- Minutes dancing

Once you've decided your activity and personal goal, write that down on a small piece of paper, fold it up, and keep it in your pocket or backpack. You don't have to share it with anyone if you don't want to. It's personal!

Part 2. Classroom Jam

JAM (Just a Minute) Videos: Watch some of these "energizer" videos and learn some of the moves. Over time you'll get better and better! Your class can do them when you're tired, restless, anxious about a test, excited about an upcoming vacation — whatever and whenever you need to energize!

You can start by teaching a few simple moves, like Toe Taps. Click on these links for videos:

Toe Taps, Toe-Knee-Shoulders, Bottom Kickers, Shoot the Hoop

Knee Lift, March & Punch, Toe Touch, Jump Ropes, Side Stretch

Squat Jumps, Elbow to Knee, Heel to Bottom, Toe to Chair, Toe Reach

JAM One-Minute Workout Sessions – 3rd and 4th grade classes demonstrate

These one-minute classroom routines are called *JAMmin' Minute*®, a free physical education resource from Health-E-tips

Part 3. Screen Test

Who here has ever been told they've had too much "screen time." [Raise your hand.] Is it hard for you to break free from digital devices? Do you ever find yourself glued to your phone, laptop or video game controller? Do you go into a trance once you turn on the TV?

Let's think of some ways you can take breaks from the screen and incorporate activity into your tech time.

- **Take a Commercial Break:** Do you like to watch TV after school or in the evening? Whenever an ad break comes on the TV, jump up and exercise. You can easily clock up 15 minutes during one hour of watching! Run in place, dance, do push-ups, planks or jumping jacks during each commercial. Encourage everyone in your family to do the same! Add up your physical activity during breaks and add it to your Calendar.
- **Blend Tech With Play:** Do you like video games? Try boxing, dancing, tennis or bowling games that get you in on the action! Games like Dance, Dance Revolution revolutionized the way we can play in physically active ways. Do this on your own, with a family member, or invite a friend to join you for added fun.
- **Add a JAMmin' Minute to the Mix:** Have you been playing on the computer for a half hour? Jump up and do a JAMmin' Minute routine! Do four more and you can add 5 mins of physical activity to your Calendar.

Can you think of another way to break up your screen time? Our eyes, brains, hands and wrists all need to take breaks from tech, and too much tech takes time out of our day for physical activity to keep us healthy. Brainstorm some ideas as a class!

Teacher Resources:

SPARKabc (Activity Break Choices)
Exercises that use physical activity to improve academic achievement and foster healthy behaviors.

Family Connection:

Watch some of these JAMmin' Minute videos and learn the steps so you can all do them as a family. Have children be the leaders and call out the steps for family members to follow. How many minutes can you all clock together? Click on these links for videos:

Toe Taps, Toe-Knee-Shoulders, Bottom Kickers, Shoot the Hoop

Knee Lift, March & Punch, Toe Touch, Jump Ropes, Side Stretch

Squat Jumps, Elbow to Knee, Heel to Bottom, Toe to Chair, Toe Reach

Standards Alignment | Students will:

National Health Education Standards

Standard 1. Comprehend concepts related to health promotion and disease prevention to enhance health.
Standard 2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Standard 5. Demonstrate the ability to use decision-making skills to enhance health.
Standard 6. Demonstrate the ability to use goal-setting skills to enhance health.
Standard 7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

SHAPE America

Standard 1. Demonstrate competency in a variety of motor skills and movement patterns.
Standard 3. Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Standard 4. Exhibit responsible personal and social behavior that respects self and others.
Standard 5. Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Common Core Standards

English Language Arts Standards > Speaking & Listening

Comprehension and Collaboration:
CCSS.ELA-LITERACY.SL.4.1 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly.
CCSS.ELA-LITERACY.SL.4.1.B - Follow agreed-upon rules for discussions and carry out assigned roles.
CCSS.ELA-LITERACY.SL.4.1.C - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.
CCSS.ELA-LITERACY.SL.4.1.D - Review the key ideas expressed and explain their own ideas and understanding in light of the discussion.
CCSS.ELA-LITERACY.SL.4.3 - Identify the reasons and evidence a speaker provides to support particular points.

English Language Arts Standards > Writing

Research to Build and Present Knowledge:
CCSS.ELA-LITERACY.W.4.8 - Recall relevant information from experiences or gather relevant information from print and digital sources; take notes and categorize information, and provide a list of sources.
CCSS.ELA-LITERACY.W.4.9 - Draw evidence from literary or informational texts to support analysis, reflection, and research.

Worksheets & Downloads:
Worksheet: What's Your Activity IQ? (American Heart Association)

NAME _____

American Heart Association®
Fighting Heart Disease and Stroke

What's Your Activity I.Q.?

See how much you know about participating in physical activity for a healthy heart. Circle the letter next to each correct answer.

1. Which of the following is an aerobic activity?

   a. bicycling
   b. fishing
   c. racing your sister to the telephone

2. How much total time in a day do you need to participate in an aerobic activity to keep your heart healthy?

   a. at least 5 minutes
   b. at least 30 minutes
   c. at least 2 hours

3. How many times each week should you do an aerobic activity to have a healthy heart?

   a. at least 7
   b. at least 1
   c. at least 4

4. Before you do a physical activity, you should

   a. take your pulse.
   b. warm up.
   c. blow your nose.

5. Physical activity does which of the following?

   a. improves your breathing
   b. makes the blood rush to your head
   c. makes your hair grow faster

6. A good activity for strengthening your leg muscles is

   a. push-ups.
   b. curl-ups.
   c. climbing.

7. Which is the best reason for choosing a physical activity?

   a. All your friends do it.
   b. You enjoy doing it.
   c. You might become a professional and make a lot of money doing it.

8. Which of these household chores is also an aerobic activity?

   a. cleaning your room
   b. washing the dishes
   c. mowing the lawn

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Walk, Run & Play. 60 minutes a day!

Aerobic

some examples
- Bicycle riding
- Walking to School
- Rollerblading
- Baseball/Softball
- Swimming
- Soccer
- Dancing

Bone-Strengthening

some examples
- Hopping, Skipping
- Jumping Rope
- Jogging/Running
- Tennis
- Jumping
- Basketball
- Volleyball

Muscle-Strengthening

some examples
- Tug of War
- Push-Ups
- Rope Climbing
- Sit-ups
- Swinging
- Gymnastics
- Tree Climbing

Today is: Monday, April 4

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening
rode my bike	15	X		
climbed tree	23			X
hop-scotch	30		X	

Today is: _____

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening

Today is: _____

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening

Today is: _____

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening

Today is: _____

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening

Today is: _____

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening

Today is: _____

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening

Today is: _____

Activity	minutes	Aerobic	Bone-Strengthening	Muscle-Strengthening

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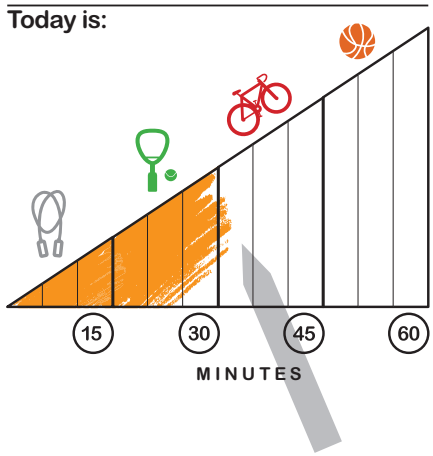

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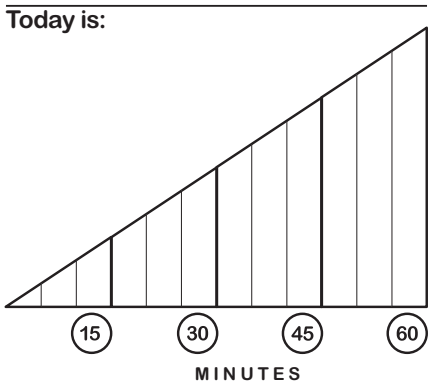

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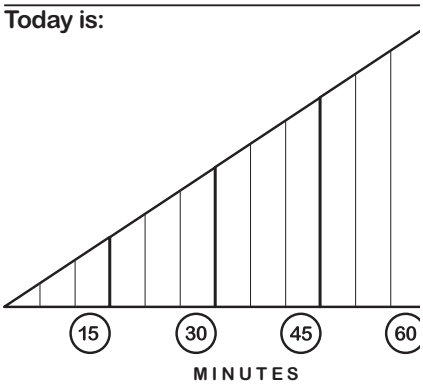

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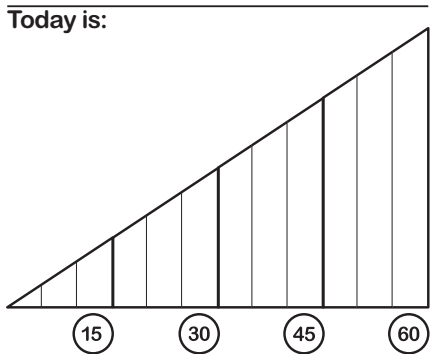

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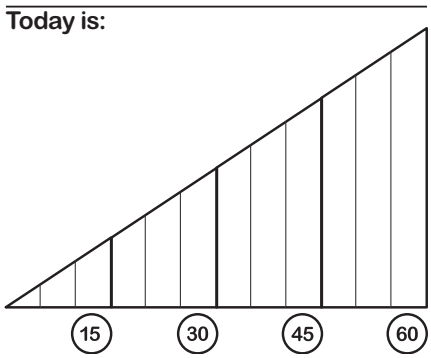

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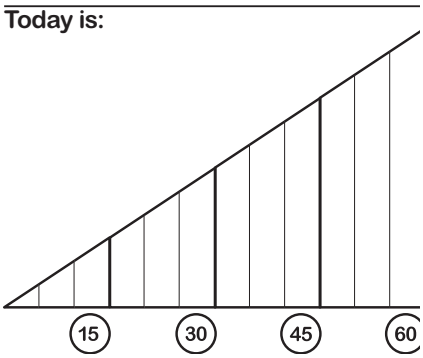

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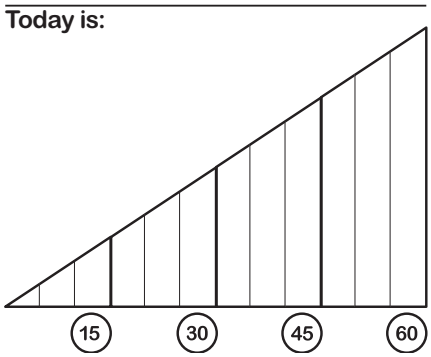

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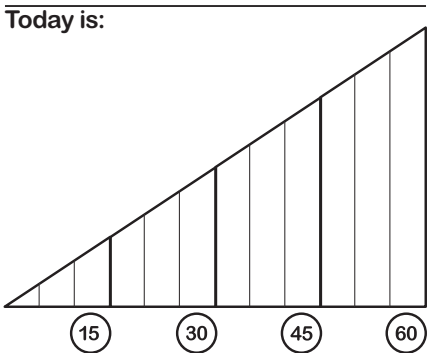

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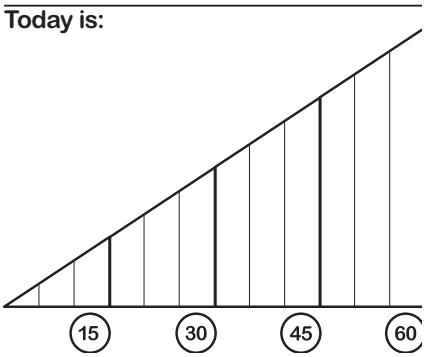

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