

Module Five:

Being a Physically Active Person

Background Information

Being physically active is important for overall health due to numerous health benefits. Being physically active improves mood, bone and muscle strength, cardiovascular health, sleep, and helps maintain a healthy body composition. Engaging in regular physical activity also reduces the risk for developing chronic diseases like cardiovascular disease and type 2 diabetes.

The United States Department of Health and Human Services recommends that children (2-17 years) engage in moderate intensity or vigorous intensity physical activity for at least 60 minutes every day. Adults (18-65 years) and Older Adults (65+ years) are recommended to engage in moderate intensity or vigorous intensity physical activity for at least 30 minutes five days per week. These recommendations are based on the scientific evidence of the amount of physical activity that is associated with health benefits.

When being physical active, it is important to do activities that integrate all five components of physical fitness: aerobic capacity (running and bicycling), flexibility (stretches and yoga), muscular strength (push-ups and squats), muscular endurance (push-ups, squats, and planks), and body composition (all types of exercise).

Many activities that we engage in daily can contribute to health benefits, meeting the recommendations for physical activity, and contribute to overall physical fitness. By doing a variety of different types of physical activities, we maximize the potential to get all possible benefits from engaging in regular physical activity. Physical activity can take many different forms including team sports, playing at recess, and doing household chores.

Activity 5.1 : Classroom Activity

Time Required
60 to 75 mins

Suggested Groupings
Small teams of 3 to 4 youth

Materials Needed

(*Materials provided in curriculum)

- Youths' Journals (Appendix 1F) with Modules 1-4 completed
- Flip chart paper
- Markers or writing utensils
- Butcher paper, large enough for youth to draw an outline of a child (4-5 feet)
- Craft supplies

Concepts and Vocabulary

- Aerobic capacity: the ability of the heart and lungs to get oxygen to the muscles
- Benefit: a good or helpful result or effect
- Body composition: the amounts of fat, muscle, and bone that make up a person's body
- Flexibility: the range of motion possible at a joint
- Moderate Intensity: activities that require some effort and require our bodies to use between 3.5 and 7 calories per minute.
- Muscular endurance: the ability to use muscles many times without getting tired or the ability to hold muscles in a fixed position for a long time
- Muscular strength: the ability of muscles to push or pull against something
- Physical fitness: ability for the human body to function efficiently and effectively in a variety of activities
- Recommendation: a suggestion about what should be done
- Variety: presence of diversity; the absence of uniformity, sameness, or monotony
- Vigorous Intensity: activities that require a lot of effort and require our bodies to use more than 7 calories per minute

Getting Ready

1. Organize the class into small teams of 3 to 4 youth.



Facilitator Tip: these can be the same teams that were formed in Lesson 1, Activity 1. By doing so, the youth may continue developing teamwork skills with the same teammates.

2. Provide each team with one sheet of flip chart paper and markers to answer opening questions.

3. Ask the youth to have their completed journals with them. They will complete Journal page 17 later in this activity.



Facilitator Tip: It may be helpful to make a few extra copies of Journal Page 17 ("What does being physically active mean to you," Appendix 1F) in case youth did not bring their journal to class.

Journal Review

1. Have the youth share their completed Module 4 journal reflections (Journal Page 16).
2. Follow the youth's lines of thinking developed through their thoughts and observations. If necessary, ask more targeted questions/ prompts:

- Explain what you noticed about the physical activity that you graphed.
- Explain how you went about deciding the types of activities you can do to meet the physical activity recommendations that are not sports.

Procedure (Experiencing)

1. Provide each team with one piece of butcher paper.
2. Explain to the youth that they will be creating a poster to advertise the importance of being physically active.
3. Ask the youth to use a marker to trace one team member to make an outline of a human body.
4. Explain that within the lines of the human body they will create an artwork to convey all the things they learned about in previous activities regarding the importance of being physically active. This will represent a physically active person. Tell the youth that these posters will be presented to the class at the end of the activity.



Facilitator Tip: The completed posters can be displayed to enhance the promotion of physical activity around the school campus. Consider hanging them in common areas like the school lunchroom, playground, or the principal's office. If choosing to display them, be sure to tell the youth as this may help motivate them.

5. Before getting started on creating the poster, ask the youth to brainstorm with their team about what being a physically active person means to them. Ask them to record their ideas on the butcher paper outside of the lines of the human body they traced. Encourage them to refer to their journals as a resource to generate ideas.

Use the following prompts to help the youth generate ideas:

- o Explain what you learned about the benefits of physical activity.
- o Explain what you learned about the recommendations for physical activity.
- o Explain what you learned about components of physical fitness.
- o Explain what you learned about the variety of things you can do to be physically active including sports and non-sport activities.

6. Ask the youth to use what they recorded on the outside of human body outline to create an artwork on the butcher paper within the lines of the human body they traced. Explain that they can use words and pictures to represent what being a physically active person means to them and to promote the importance of being physically active.

7. Have the youth share their artwork with the class. Follow the lines of thinking developed through the youth's thoughts, observations, and questions as they share. If necessary, ask more targeted questions:

- o Explain what you chose to promote about the benefits of physical activity.
- o Explain what you chose to promote about the recommendations.
- o Explain what you chose to promote about the components of physical fitness.

- o Explain what you chose to promote about the need for a variety of physical activity.
 - o Explain what you think are the most important messages on your poster that will help encourage others to be more physically active.
8. Ask the youth to open their journals to the last entry on page 17, “Module 5: What Does Being Physically Active Mean to You?” and complete the questions.

Sharing, Processing, and Generalizing

- Have the youth share their responses to the questions on page 17 in their journal.
- Ask the youth to share the goals they set for themselves in 1-month and by the end of the school year.

Concept and Term Discovery/Introduction

Youth should understand the importance of physical activity including the benefits of engaging in physical activity including enjoyment, fun, and increased confidence. Youth should also understand the physical activity recommendations, which include:

- children (2-17) are to engage in moderate intensity to vigorous intensity activity for at least 60 minutes per day, and
- adults (18-65 years) and older adults (65+) to engage in at least 30 minutes of vigorous intensity physical activity five days per week.

Youth should also recognize the importance of doing physical activity in all five components of physical fitness: aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. They should also be able to identify a variety of different types of physical activity that can contribute toward meeting recommendations. Finally, youth should understand the importance of setting goals for physical activity so they can be a physically active person and live a healthy lifestyle.

