

# LESSON

# 1

## physical activity is fun

### Objectives

Learners will...

- explain how physical activity benefits the body
- identify and describe physical activities that are fun
- advocate for physical activity

### Materials

- Activity Sheet: *Physical Activity is Fun*
- Paper/pencil
- Markers or crayons

### Vocabulary

- **Physical activity**—any movement produced by skeletal muscles that increases the use of energy and produces health benefits
- **Advocate**—one that supports and defends a cause
- **Advocacy**—the act of pleading or arguing in favor of something, such as a cause, idea or policy

### RECAP

Tell students today they are starting a new unit on Fitness.

### KEY MESSAGE

Write on board and tell students:

*Being physically active on a regular basis keeps you healthy and strong.*

# INTRODUCTION

Discuss with students the importance of regular physical activity and why it can be an enjoyable part of their lives. Tell students that physical activity builds and maintains healthy bones and muscles, helps to maintain a healthy weight, conditions the heart, and makes them feel good.

Ask students if they have ever thought about why they like to participate in certain activities and why they dislike others. Tell students that choosing activities they enjoy is important in becoming and staying physically active over their lifetimes.

# ACTIVITIES



## ONE—LANGUAGE ARTS

Tell students that one way to make sure they are physically active every day is to choose to do activities that they really enjoy. Distribute the *Physical Activity is Fun* activity sheet to each student to complete. Afterward, ask students to share their favorite physical activities with the class and indicate which activities they can do alone and which activities they can do with others. Reinforce that over time, their interests may change and the key to staying active is to be open to trying new things and to select activities that they will enjoy.



## TWO—LANGUAGE ARTS & VISUAL ARTS



Discuss with students the meaning of the word advocate. Tell them an advocate argues for, or supports a cause. Tell them that advocacy is when you speak in favor of something. Brainstorm ways that students can be advocates for physical activity.

Now tell students to pretend that they will have a chance to practice being an advocate for physical activity while working for an advertising company. The company has been hired to create an ad promoting the benefits of physical activity. There has been a lot of news in the media in recent years about the growing obesity rate among Americans, especially among children. This advertising campaign is part of an effort to help citizens become more active. As an example of sample campaign, show VERB commercials found at <http://www.cdc.gov/youthcampaign/advertising/index.htm>.

Working individually or in small groups, tell students to use one of the headlines below to create a newspaper or web banner ad using drawings and written text.

**Headline 1:** Physical Activity Keeps You Healthy  
**Headline 2:** Physical Activity Can Be Fun

Afterward, invite students to share their ads with the rest of the class and post ads around the school.

# WRAP UP

1. Why is it important to be physically active every day?
2. Why is it important to find physical activities that are fun and enjoyable?
3. What are ways that people can advocate for others to be physically active?



## LESSON BOOSTER

**Materials:** None

Have middle school or high school athletes visit the class and discuss with students a goal they have set related to physical activity. Ask them to specifically share why they chose their sports and why they find their particular sport fun.

## your notes:

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NAME: \_\_\_\_\_



## PHYSICAL ACTIVITY IS FUN

My favorite physical activities:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I enjoy them because \_\_\_\_\_

\_\_\_\_\_

I participate in them \_\_\_\_\_ daily  
\_\_\_\_\_ weekly  
\_\_\_\_\_ monthly  
\_\_\_\_\_ whenever I can

One physical activity I like to do alone is \_\_\_\_\_

\_\_\_\_\_

One physical activity I like to do with others is \_\_\_\_\_

\_\_\_\_\_

These physical activities benefit my body by:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_