



Lesson 10:
Adding Physical Activity
to Your Day

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Time Required

Estimated lesson timing is 40-60 minutes; however, this lesson can be expanded or shortened, as needed. We encourage you to tailor it to fit within the available class time. If time is limited, we recommend focusing on the Getting Started, Teaching Instructions and Reflections sections.

Audience

High school students grades 9-12

Lesson Overview

During this lesson, your students will hear from a local gym trainer or school physical education teacher on the importance of physical activity and how to incorporate it into daily life in a fun way.

Your students will learn that physical activity can take many forms. Your students will begin to develop their own physical activity plan unique to their likes and needs.

Getting Started

- **Why is this lesson important?** Teens sometimes view physical activity as more of a chore than a fun activity, especially when it falls outside of sports activities. Providing teens different options and ways to incorporate physical activity into their daily lives allows them to see it not as a requirement but something that satisfies their unique needs, wants and desires.

One size does not fit all when it comes to physical activity. Having an outside speaker discuss how students might incorporate physical activity in a more personalized way should encourage them to explore ways to increase their physical activity.

- **What can you do about it?** Frame this lesson as an opportunity for your students to have an expert talk and answer questions about incorporating physical activity into their lives, whether it be to tone arms, make cardio fun, find out what interval training is, learn about free or low-cost classes to take, or just add more movement to one's usual routine.

Teacher's Lesson Preparation

Preparation	<p>Find a physical education teacher, certified personal trainer, or physical therapist to speak to the class</p> <ul style="list-style-type: none">● Arrange time for the guest speaker to visit the class to: (1) discuss the health benefits of physical activity and (2) provide tips on adding more activity to daily life, whether that is a workout program or something more.● Call the local YMCA, Boys and Girls Club or a local gym to see if a certified personal trainer, coach or other qualified physical education professional could speak to your class.● If you are unable to locate an outside speaker, check with the school's athletic department to see if a coach, physical education teacher or trainer could come to class to talk to the students. <p>Ask speaker to cover the following topics:</p> <ul style="list-style-type: none">● Benefits of physical activity.● How to incorporate physical activity into student schedules no matter how much or little time is available.● Ways to make physical activity fun.● Physical activity options for various purposes (e.g., building muscle, building lean muscle, losing weight, staying in shape).● Resources where students can look to find physical activity or workout ideas.
Setup	<ul style="list-style-type: none">● Provide computers with internet access for teacher and students. If not available, then arrange for another location, such as a library or computer lab, with internet access.● Screen and projector.

Lesson Objectives

1. Learn ways to incorporate physical activity into daily life.
2. Gain a better understanding of how physical activity burns calories and understand the different types of exercises (aerobic, muscle-strengthening, bone-strengthening, and balance and stretching) as well as how exercise can be incorporated as part of your daily lifestyle.
3. Learn how to develop a personalized plan that is tailored to one's likes and needs.
4. Underscore the value of setting small goals for long-term success.

Teaching Instructions

1. Consider beginning with a stretch and exercise break (suggested activities found on page 13-14).
2. Then, provide an overview of lesson topics and what you want your students to take away from the class.
3. Begin the session by asking your students:
 - What motivates them to be active?
 - How do they feel when they move more?
 - What is their favorite exercise? Why?
 - What exercise do they most dislike? Why?
 - How many calories do they burn by engaging in their favorite activity?
4. Have guest speaker talk to your students about different types of physical activity (e.g., aerobic, muscle-strengthening, bone-strengthening, and balance and stretching) and their particular relevance to teens.
5. Have guest speaker show your students some sample plans for adding more physical activity to their days. Demonstrate a few simple exercises and have students join in.
 - Ask guest speaker to demonstrate some simple exercises in front of the class. Have your students join in, ask questions, and have fun!
6. Have your guest speaker invite questions from students on things to consider when developing their own personalized plan.
7. Following the speaker presentation and discussion, have students log-in to SuperTracker to develop a physical activity plan that they can start immediately!



Beyond the Classroom

In School

Find innovative ways to complete parts of a personalized plan during school hours. Create competition for different lifestyle categories.

Wellness Council

Organize a school fund raiser based on sponsored participation in obstacle course, 5K walk, mini-Olympics, etc. Work with the art department to develop a logo and signage for the event.



Resource

Take a look at this teen health site for ideas and videos regarding physical activity and nutrition.

Link: <https://www.cdc.gov/bam/index.html> or <https://www.girlshealth.gov/>

 Tip

Use the following online information to obtain background on exercise activities for youth.

Link: <https://www.cdc.gov/bam/activity/index.html>

 Tip

If you can't get an outside speaker to come to class, utilize the free resources at IDEA Fitness Library.

Link: <https://www.cdc.gov/bam/activity/index.html>

 Resource

Pull up the following site on your computer to illustrate some sample exercises:

Link: <https://www.cdc.gov/bam/activity/cards.html>