

Lesson 9: Get Active

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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

In this lesson, your students will learn about physical activity, including the value of being physically active, recommended amounts and how to include physical activity in any lifestyle. Students create a SuperTracker profile and use the Physical Activity Tracker to track their own activities and identify areas for improvement.

Getting Started

- **Why is this lesson important?** There is a tendency for many of us to think that physical activity doesn't fit easily into our daily routines. A major goal of this lesson is to show teens how more physical activity can be part of everyday life, no matter what their lifestyle. Small changes, easy integration and relevance to what motivates teens will help to increase physical activity.
- **What can you do about it?** Frame this lesson as an opportunity for your students to learn about physical activity, not in terms of performance, like running the fastest mile, but in a way that fits into their daily lives. Illustrate how physical activity impacts not only weight but other aspects of their lives such as mood, sleep patterns and appearance, including clearer skin. Long-term health benefits don't always work as an incentive for teens, but focusing on practical application and issues that matter most to teens makes the topic more relevant to them.

Start this lesson by **asking your students**:

- How are they physically active?
- Do they see physical activity as the same or different than exercise?
- What do they like/not like about it?
- Are there any questions they have about being physically active?
- What additional information would they like to have? Do they feel physical activity is relevant to their overall health?

Teacher's Lesson Preparation

SuperTracker	<ul style="list-style-type: none">• Watch the Physical Activity Tracker site tour video, How to Use Physical Activity Tracker: Tracking activities, on YouTube (2 min. 20 sec.). Link: https://www.youtube.com/watch?v=hIXRBWKzlug• Review navigation of the SuperTracker website. Link: https://www.SuperTracker.usda.gov• Familiarize yourself with the Physical Activity Tracker feature. Link: https://www.supertracker.usda.gov/physicalactivitytracker.aspx
Materials	<ul style="list-style-type: none">• Make copies of the Get Active handout (found at the end of this lesson) for each student.
Preparation	<ul style="list-style-type: none">• Line up 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

Following this lesson, your students should be able to:

1. Explain the importance of being physically active.
2. Identify how much physical activity teens need per day.
3. Discuss strategies for increasing physical activity.

Teaching Instructions

1. Consider beginning with a stretch and exercise break (suggested activities found on page 13-14).
2. Then, provide an overview of the topics to be covered and what you hope your students will learn.
3. Begin the discussion by asking:
 - What does physical activity mean to you?
 - How do you incorporate physical activity into your life?
 - Is physical activity important to you?
 - What types of physical activity do you like/dislike?
 - What motivates you to be physically active?

- What barriers exist that prevent you from being physically active?
4. Provide the definition of physical activity.
- Physical activity simply means any movement that works your muscles and requires more energy than resting this includes everything from walking to playing soccer.
 - You don't have to be athletic to be physically active. There's room for more activity in any lifestyle.
 - Examples include: taking part in sports, physical education class, exercise or dance classes or even activities such as rollerblading, biking, jogging walking, running, dancing, marching band, riding your bike, swimming, yoga, doing chores around the house, or lifting weights.
 - The best physical activity for you is what you enjoy doing!
 - **Ask your students** what new physical activity they can see adding to their routine?
5. Discuss the benefits of being physically active:
- Strengthen your muscles and bones.
 - Reduce stress.
 - Have more energy.
 - Reduce symptoms of anxiety and depression.
 - Sleep better at night.
 - Manage your weight.
 - Reduce risk for health problems like heart disease and type 2 diabetes.
6. Share physical activity recommendations for teens from the Physical Activity Guidelines for Americans. Link: <http://health.gov/paguidelines/guidelines/children.aspx>
- Do at least 60 minutes (one hour) of aerobic physical activity a day.
 - Aerobic activities make you breathe harder and make your heart beat faster.
 - **Ask your students** for examples of aerobic physical activity: running, dancing, playing sports, and biking.
 - Most aerobic physical activity should be moderate or vigorous in intensity.
 - **Ask your students** for examples of moderate intensity activity: brisk walking, skateboarding, hiking and bike riding.
 - **Ask your students** for examples of vigorous intensity activity: running, jumping rope, martial arts, swimming and basketball.
 - Rule of thumb for aerobic activity: on a scale of 0 to 10, where sitting is 0 and the highest level of effort possible is 10, moderate-intensity activity is a 5 or 6 and vigorous-intensity activity is a 7 or 8.

- The same activity (e.g. riding a bike) can be either moderate or vigorous intensity depending on how much effort you put into it.
- Out of the 7 days a week of recommended aerobic activity, you should do vigorous-intensity aerobic physical activity (7 or 8 on a 10-point scale) at least three days a week. Remember, the same activity can be moderate or vigorous depending on effort level.
- Include muscle-strengthening physical activity at least 3 days a week.
 - Muscle-strengthening activities make muscles do more work than usual.
 - Examples include: push-ups, lifting weights and climbing stairs.
- Include bone-strengthening physical activity at least 3 days of the week.
 - Bone-strengthening activities put extra force on your bones, which helps make them strong. This extra force usually comes from impact with the ground.
 - Examples include: running, jumping rope, jumping jacks, tennis, and basketball.
- Remember that any activity is always better than none!
 - **Ask your students** to discuss when physical activity feels more like fun than a chore to them.

Share the example below to show how physical activity could be integrated per the guidelines:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vigorous Intensity	Hiking	Basketball		Basketball			Dance Class
Muscle Strengthening			Sit-ups and push-ups		Sit-ups and push-ups		Yoga
Bone Strengthening	Hiking	Basketball		Basketball			Dance Class

7. **Ask your students** to share ideas for how to incorporate more physical activity into their lifestyles.

- Examples: take steps instead of elevator, stand up and dance at concerts, limit non-homework-related screen time (e.g., video games, smartphones, tablets, TV and computers), park at the end of the parking lot in order to get in more steps, bike to school or to friends' houses, take the dog for a walk, wash the car, rake leaves or shovel snow, etc.

 Tip

- Have your students take photos or videos of themselves doing the activities described in class at home and share them in class.
- Challenge your students to a competition to see who can take the greatest number of steps in a given time period. To make it easier to calculate, ask students to track the amount of time spent walking on a daily basis. Have your students assess the intensity of their walking, light-intensity/moderate/vigorous.

8. Go to the SuperTracker website.
Link: <https://www.supertracker.usda.gov/default.aspx>
9. Have your students log into their SuperTracker profiles.
10. Show your students how to navigate to the Physical Activity Tracker.



11. Demonstrate how to search for an activity using the Physical Activity Tracker. Choose a moderate intensity activity. For example, search for “biking” and select “Biking, 5.5 mph, leisure” or a different moderate intensity activity of your choice.

Physical Activity Tracker

Search and add physical activities to view how your activities stack up against your targets.

Search: for

Activity Details | **Favorite Activity List**

Search for activities to see details here.

- Biking, 5.5 mph, leisure**
- Biking, 9.4 mph, leisure
- Biking, <10 mph, to work or for pleasure
- Biking, 10-11.9 mph, low effort
- Biking, 12-13.9 mph, medium effort
- Biking, 14-15.9 mph, high effort
- Biking, 16-19 mph racing or >19 mph...
- Biking, >20 mph, racing (not drafting)
- Biking, general
- Biking, mountain, general

12. After searching for and selecting an activity, show your students where to find (1) the intensity of the activity, (2) if it is a muscle-strengthening activity, and (3) if it is a bone-strengthening activity.

Activity Details | **Favorite Activity List**

Biking, 5.5 mph, leisure

Enter the duration: minutes

Choose Days: Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Choose for: Erica

Activity Info

Estimated Calories Burned¹:

1 Intensity: **Moderate**

2 Muscle Strengthening: **Yes**

3 Bone Strengthening: **No**

[More Info](#)

13. Demonstrate how to add a physical activity by (1) entering the duration in minutes, (2) choosing the day of the week and (3) clicking the blue "Add" button.

NOTE: Be sure to add your activity to the current day of the week. Physical activity is tracked daily for children and teens (ages 6-17 years). Activities need to be added to the current day in order for them to appear on the daily total dial.

Activity Details Favorite Activity List

Biking, 5.5 mph, leisure

1 Enter the duration: minutes

2 Choose Days: Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Choose for: Erica

3

Activity Info

Calculate **141**
(for 30 minutes)

Estimated Calories Burned:

Intensity: **Moderate**

Muscle Strengthening: **Yes**

Bone Strengthening: **No**

[More Info](#)

14. After adding the activity, call your students' attention to the daily total dial as well as the weekly targets section of the page, which now reflect the addition of this activity.

Physical Activity Tracker

Search and add physical activities to view how your activities stack up against your targets.

Search: for

Activity Details Favorite Activity List

Activities for Week of 11/15/15 - 11/21/15

You added

Biking, 5.5 mph, leisure

to Monday 11/16/15.

[See this Activity Again](#)

Date	Intensity	Estimated Duration	Estimated Minutes	MIE Minutes ²
Sun 11/15/2015		0	0	0
Mon 11/16/2015	Biking, 5.5 mph, leisure	Moderate	30	30
Tue 11/17/2015		0	0	0
Wed 11/18/2015		0	0	0
Thu 11/19/2015		0	0	0
Fri 11/20/2015		0	0	0
Sat 11/21/2015		0	0	0

Daily Total for 11/16/15

Moderate Intensity Equivalent (MIE²) Minutes

Your Target: 60 min

30 minutes

Children & Adolescents (age 6-17) should do 60 minutes (1 hour) or more of physical activity daily.

Gauge Data

Weekly Targets

Total Muscle-Strengthening Days: **1**

Target: 3 Days minimum

1 2 3 4 5 6 7

Muscle-Strengthening: Include muscle-strengthening physical activity on at least 3 days of the week.

Total Bone-Strengthening Days: **0**

Target: 3 Days minimum

1 2 3 4 5 6 7

Bone-Strengthening: Include bone-strengthening physical activity on at least 3 days of the week.

Total Vigorous Activity Days: **0**

Target: 3 Days minimum

1 2 3 4 5 6 7

15. Explain how SuperTracker tracks your daily physical activity using “Moderate-Intensity Equivalent (MIE)” minutes. Converting your activity into a common unit of intensity helps demonstrate how either moderate or vigorous activities could be combined to reach your daily target.
- Every 1 minute of moderate-intensity activity = 1 MIE minute.
 - Every 1 minute of vigorous-intensity activity = 2 MIE minutes.
 - Light intensity activities do not count toward your daily MIE minute target.
16. Add 10 minutes of a vigorous-intensity activity such as “Jumping rope, general” to demonstrate that every one minute of vigorous-intensity activity counts as 2 MIE minutes (i.e. 10 minutes will show up as 20 MIE minutes on the daily total dial). Note: Be sure to add to the current day of the week.

Activity Details
Favorite Activity List

Jumping rope, general

Enter the duration: minutes

Choose Days:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Choose for:

Erica

+ Add
Cancel

Activity Info

Calculate
0

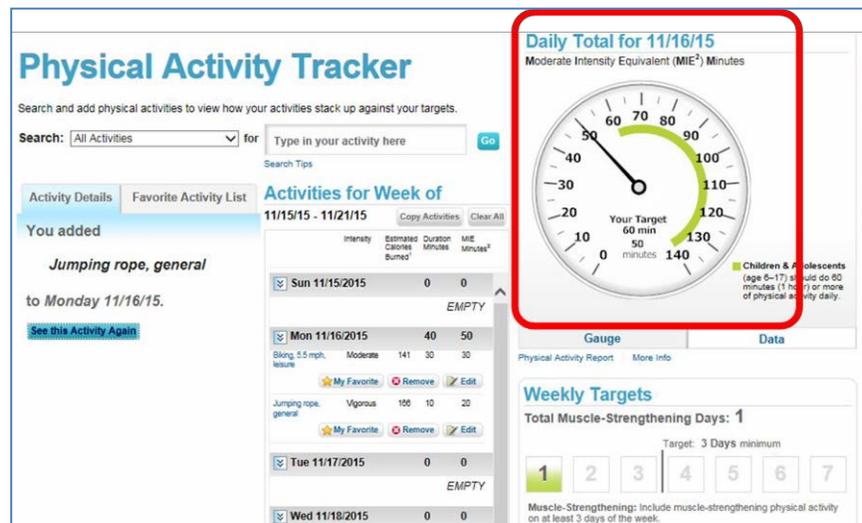
Estimated Calories Burned¹:

Intensity:
Vigorous

Muscle Strengthening: Yes

Bone Strengthening: Yes

[More Info](#)



17. Add a light intensity activity such as “Sitting in class (e.g., note-taking, class discussion)” to demonstrate that it does not show up on the daily physical activity dial. Note: Be sure to add to the current day of the week.

Activity Details
Favorite Activity List

Sitting in class (e.g. note-taking, class discussion)

Enter the duration: minutes

Choose Days:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Choose for:

Erica

+ Add
Cancel

Activity Info

Calculate

Estimated Calories Burned¹: 0

Intensity:
Light

Muscle Strengthening: No

Bone Strengthening: No

[More Info](#)

Physical Activity Tracker

Search and add physical activities to view how your activities stack up against your targets.

Search: All Activities for

Search Tips

Go

Activity Details
Favorite Activity List

You added

Sitting in class (e.g. note-taking, class discussion)

to Monday 11/16/15.

See this Activity Again

Activities for Week of 11/15/15 - 11/21/15

	Intensity	Estimated Calories Burned ¹	Duration Minutes	MIE Minutes ²
EMPTY				
Sun 11/15/2015				
0				
0				
Mon 11/16/2015				
Biking 5.5 mph, leisure	Moderate	141	30	30
★ My Favorite	⊗ Remove	✎ Edit		
Jumping rope, general	Vigorous	100	10	20
★ My Favorite	⊗ Remove	✎ Edit		
Sitting in class (e.g. note-taking, class discussion)	Light	145	60	0
★ My Favorite	⊗ Remove	✎ Edit		
Tue 11/17/2015				
0				
0				

Daily Total for 11/16/15

Moderate Intensity Equivalent (MIE)² Minutes



Gauge

Physical Activity Report [More Info](#)

Weekly Targets

Total Muscle-Strengthening Days: 1

Target: 3 Days minimum

1
2
3
4
5
6
7

Muscle-Strengthening: Include muscle-strengthening physical activity on at least 3 days of the week.

18. Give your students time to practice adding activities in Physical Activity Tracker.
19. Distribute the Get Active handout (found at the end of this lesson) to students.
20. Assign as homework, extra credit, or use for class discussion:
 - Have students track their physical activities for 1 day in Physical Activity Tracker and assign the Get Active handout.

Reflection, Evaluation and Discussion

Encourage your students to reflect on the topics learned by asking discussion questions such as:

- Is being physically active important to you? Why or why not?
- What are some ways you could add more physical activity into your lifestyle?
- How can you make physical activity fun?
- How would you encourage a friend or family member to be more active?



Beyond the Classroom

In School

Create inventory of 60-second fitness bursts students can do at school. Recruit teachers to introduce as mid-day energizer.

Out of School

Track the number of steps to popular community sites (e.g. parks, corner store, bus stop, etc.) and look for opportunities to increase steps.

Wellness Council

Organize a walk or bike to school day wearing school colors.

Notes

Record any notes about this lesson. For example, did your students understand the material? Are there any changes to the lesson you would like to make for next time?

Name:

Date:

Get Active

Instructions

Use SuperTracker's Physical Activity Tracker to add all of your physical activity for today. Answer the questions below based on your experience using Physical Activity Tracker. You can access it here:

<https://www.supertracker.usda.gov/physicalactivitytracker.aspx>

1. Why is being physically active important?

2. How many minutes of aerobic physical activity should you do in a day? At least _____ minutes

3. How many days a week should you do muscle-strengthening activities? At least _____ days a week

4. How many days a week should you do bone-strengthening activities? At least _____ days a week

5. List three muscle-strengthening activities.

6. List three bone-strengthening activities.

7. Did you meet your physical activity target today?

Yes

No

8. Did you do any vigorous intensity activities today?

Yes

No

9. Did you do any muscle- or bone-strengthening activities today? What were they?

Muscle-strengthening: _____

Bone-strengthening: _____

10. What's the biggest barrier you face to being more physically active? What are some ways to overcome that challenge?

Biggest Barrier:

Ways to Overcome Barrier:

11. Are there any changes you would like to make to your physical activity habits based on what you learned in this lesson? If yes, what are they?



- **Ask your students** to plan a hike through a National Park Service Park.

Link: <https://www.nps.gov/findapark/index.htm>

- How many calories could they burn?
- How much time would it take for them to walk the distance?
- How many calories would they need to sustain them?
- What park would they most like to visit with their families?

Link: <http://www.nps.gov/index.html>



The online tool below is one example of an app that could be used to ask your students to calculate the distance and calories burned to walk to school from home, walk to the grocery store, and walk or bike to the movie theater.

- **Map My Run**
www.mapmyrun.com/routes/create/