

Physical Activity - Introduction to Fitness

Motivation:

Promote and encourage young children to become physically active now in hopes of providing them with a lifetime of healthy living.

Lesson Steps:

1. Explain why inactivity amongst children in our society today has become a huge problem. Explain the implications of this phenomenon. For example, a child who is overweight or obese has a higher chance of experiencing health problems such as diabetes, high blood pressure and high cholesterol.
2. Tell students that one of the ways to live a healthy life is to be active. Talk about the sedentary lifestyle kids tend to lead in today's culture. Ask how much time they spend watching TV, playing video games or sitting in front of the computer.
3. Talk about the activities they are currently involved with and help them determine if they promote an active or sedentary lifestyle.
4. Introduce physical fitness and define. Physical fitness is the ability of the heart, blood vessels, lungs, and muscles to function at optimum efficiency.
5. Discuss why it's important that these crucial parts of your body are functioning at optimum efficiency. Ask students what could happen if they are not working properly?
6. Tell the students what the short and long-term benefits of fitness are. Examples are looking and feeling better, avoiding disease and other health problems, and leading a better quality of life. Discuss why they need to live an active rather than a sedentary life.
7. Provide the students with a variety of activities that they can do, both on their own as well as with a group of people, which will help them be physically fit.
8. Pick a physical activity such as basketball, ultimate Frisbee, or playing tag and allow your students to participate.

Name _____

Date _____

Physical Activity - Introduction to Fitness Questions

1. Why is there currently an increase in childhood obesity in America?

2. Why is it important that children be physically active?

3. What is physical fitness? _____

4. List 3 benefits of physical fitness.

5. List the physical activities that you do.

6. How much time do you spend each day being physically active?

7. What are activities that you participate in that are considered sedentary?

8. How can you improve your physical fitness?

9. What is your favorite physical activity?

Physical Activity - Introduction to Fitness Answers

1. Why is there currently an increase in childhood obesity in America?

Inactivity. Most kids spend the majority of their time in front of the television, computer or playing video games instead of being active outside.

2. Why is it important that children be physically active?

Inactive children put on extra weight and consequently become more susceptible to health problems such as diabetes, high blood pressure and high cholesterol.

3. What is physical fitness?

Physical fitness is the ability of the heart, blood vessels, lungs, and muscles to function at optimum efficiency.

4. List 3 benefits of physical fitness.

Looking and feeling better
Avoiding disease
Better quality of life

5. List the physical activities that you do.

Answer will vary.

6. How much time do you spend each day being physically active?

Answer will vary.

7. What are activities that you participate in that are considered sedentary?

Answer will vary.

8. How can you improve your physical fitness?

Answer will vary. Become more active; spend less time in front of TV or computer.

9. What is your favorite physical activity?

Answer will vary.