

In the following lesson, students will learn the importance of activity and friendship as key components of a healthy young lifestyle. They will learn that exercise increases breathing and blood flow demands as the body responds to the requirements of exercise, that exercise promotes healing, body development, and awareness, and the common relationship between friendship and active versus inactive choices of leisure. Students will enjoy this activity where they can get out of their chairs and move. It is a great lesson to reinforce how important exercise is to the human body as well as wake up your class.

Lesson: Activity and Friendship

Grade Level: 5-6

Concept to be taught: Introduce the importance of activity and friendship as key components of a healthy young lifestyle.

Objectives:

- 1) Students will learn that exercise increases breathing and blood flow demands as the body responds to the requirements of the exercise.
- 2) Students will learn that exercise promotes healing, body development and mental awareness.
- 3) Students will learn of the common relationship between friendship and active versus inactive choices of leisure.

Materials needed

- 1) A copy of the book "Join the Total Fitness Gang".
- 2) Pencil and blank lined paper for each child to collect data and group input.
- 3 A stopwatch.
- 4 A calculator.
- 5 A flipchart.

Procedures:

1) Probe for prior knowledge by asking the following questions and build from answers:

- a) What is a person's pulse rate? How is the pulse taken?
- b) What happens to our breathing when we run or play hard?
- c) What free time choices do you have in your home? List active versus inactive.
- d) Who can help you stay active in your free time?

- 2) Guide students to take and record own pulse and breath rate at rest and then after jogging in place for a minute. Discuss results in large group. Tell the students they are going to learn that exercise and being active is important to overall health. Read from the book. For an anticipatory question ask the students to listen for healthy choices that they need to make. Discuss in small groups after reading the book
- 3) In small groups have students discuss the importance of friendship and active lifestyle choices. Have groups decide on three healthy friendship activities and share with whole group.
- 4) Post healthy friendship activity choices. ^s"

Evaluation: Have students reflect with a good friend and make a healthy friendship activity pact. The pact must include: 1) the names of the friend(s), 2) at least three healthy activity choices, 3) commitments to activity frequency, 4) signed, dated and witnessed by at least one grownup for each student. Bring to class to discuss and turn in.