

Individualizing Let's Get Moving

Lesson One Keeping a Physical Activity Log

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- **Grade level:** Upper Elementary, Middle School
 - **Subject Area:** Health and Sports, Math

Brief Description

While at home, students use their their [physical activity logs](#) to keep a record of their daily physical activities (p.a.) during each week of the data collection period. Family members are encouraged to assist in the process. After one or two weeks, students bring their logs back to class. Various physical activities can be compared for their relative levels of "intensity". This can lead to a discussion among family members about the many different kinds of activities they can participate in. Information about various forms of physical activity is available at the websites listed below.

Objectives

Students will:

- Keep a daily log of their own physical activities for a one or two-week period.
- Coonsider the type, duration, and intensity of their own physical activities.
- Consider what might constitute a healthy "dose" of daily physical activity.
- Consider which activities they are most likely to participate in on a regular basis.
- Consider ways to involve their family members in your physical activities.
- Use the Internet to to discuss physical activity choices with other children around the world.

Materials and Resources

In developing our lessons and activities, we made some assumptions about the hardware and software that would be available in the classroom for teachers who visit the LETSNet Website. We assume that teachers using our Internet-based lessons or activities have a computer (PC or Macintosh) with the necessary hardware components (mouse, keyboard, and monitor) as well as software (operating system, TCP/IP software, networking or dial-up software, e-mail and a World Wide Web client program, preferably Netscape, but perhaps Mosaic or Lynx). In the section below, we specify any "special" hardware or software requirements for a lesson or activity (in addition to those described above) and the level of Internet access required to do the activity.

1. **Special hardware requirements:** None.
2. **Special software requirements:** None.
3. **Internet access:** High-speed Modem
4. **Classroom materials:** Calculators.

Activity Description

Each student will need a printed copy of their [physical activity log](#). While at home, students should use their logs to keep a record of their daily physical activities (p.a.) during each week of data collection. Family members are encouraged to assist in the process. After one or two weeks, the students will bring their logs back to class. Different activities can be judged for their "intensity" level. This can lead to a discussion about the many different kinds of activities they can participate in. Use the Internet resources below to find information about various forms of physical activity.

In their log, students should record:

- The type of activity
- The time involved or duration of activity
- The relative level of "intensity" involved in these activities.

Internet Resources:

- [The Personal Trainer](http://www.menshealth.com/personaltrainer/calcindex2.html)
[http://www.menshealth.com/personaltrainer/calcindex2.html]
A handy calorie counter to assess energy (caloric) expenditure of different activities.
- [99 Tips for Family Fitness Fun](http://www.shapeup.org/sua/publications/99.tips.for.family.fitness.fun/index.html)
[http://www.shapeup.org/sua/publications/99.tips.for.family.fitness.fun/index.html]
This website is also part of the "Shape-up America" website.
- [The Fitness Library](#)

[<http://www.cdc.net/~primus/fpc/fpcarch.htm>]

The Fitness Library is full of helpful articles and advice on weight management, nutrition, and physical activity. You can also catch up on the latest news in health and fitness, read book reviews and browse through past monthly features. Read the article, "Ways to Boost Your Physical Activity Level", among others.

- [Fitting Fitness In](#)

[<http://www.cdc.net/~primus/fpc/fpcarch.htm>]

This web site is located within the "Shape-Up America" website, designed to provide you with the latest information about safe weight management and physical fitness.

- [Frequently Asked Questions about Fitness Activities](#)

[<http://www.cdc.net/~primus/fpc/fpcjs100.htm#10>]

This website offers an extensive list of physical activities and answers many of the common questions about each of them.

- ["Get Active"](#)

[<http://rcc.webpoint.com/fitness/acthome.htm>]

A part of the "Fitness Files" web site of Racine County, Wisconsin. Included are sections on fitness fundamentals, fuel for fitness, injury prevention and management, and tips for "getting active".



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Bi-Weekly Physical Activity Log for: _____ **Date:** _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activities:	Activities:	Activities:	Activities:	Activities:	Activities:	Activities:
Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Activities:	Activities:	Activities:	Activities:	Activities:	Activities:	Activities:
Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:

1. List your daily activities.
2. Assign each an intensity level - (low, med, high)*.
3. Indicate how many minutes each activity lasted.

*Low intensity exercises include easy walking, house chores, light gardening etc. Moderate intensity exercises include brisk walking or easy jogging, moderately-paced bicycling, etc., and high intensity exercises include fast running, lap-swimming, jump-rope, heavy lifting, etc. (see the Internet resources listed for further interpretation).

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