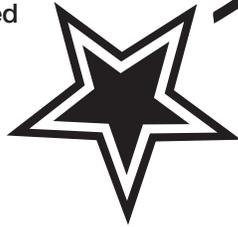


Adventures in learning, created
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Students explore different kinds of physical activities and factors that influence their activity patterns.

Learning Expectations:

1. Identify different kinds of physical activities.
2. Understand the factors that influence activity patterns.

Subject Links: Physical Education, Health, Language, Art

Materials & Resources:

- ☆ *Canada's Physical Activity Guide for Youth* and *Teacher's Guide to Physical Activity for Youth* at: www.healthcanada.ca/paguide
- ☆ Flip chart and markers
- ☆ Paper
- ☆ Art supplies for creating activity guides

Class Discussion:

Take a class poll and make a list of students' "Top 10" favourite activities. Ask them why they like these activities. Then make a list of the most unusual activities that students have participated in.

Brainstorm and discuss the different factors that influence their activity choices such as family, friends, time, cost, equipment, transportation, advertising, climate, culture and convenience.

Teaching Tip:

Classify activities as aerobic, flexibility and strength activities according to the *MISSION NUTRITION**

Teacher Notes and the *Teacher's Guide to Physical Activity for Youth* at: www.healthcanada.ca/paguide.

Activities:

1. Review *Canada's Physical Activity Guide for Youth* with your students. Visit www.healthcanada.ca/paguide or call 1-888-334-9769 for a copy of the Guide.
2. Ask students to work in small groups to create their own Fun Physical Activity Guides with activities that they enjoy and/or multicultural games and dances of the world. Encourage students to focus on the pleasure of being physically active as part of active living and include the key messages from *Canada's Physical Activity Guide for Youth*.

Home Connection:

My Activity Log

Ask students to keep a log of their activity for a few days. Have them record the types of activity they do and how much time they spend being active. Ask them to calculate how many minutes of physical activity they accumulated on average per day.

Assessment:

Consider the following when assessing students' Fun Physical Activity Guides:

- ☆ Did they include a variety of activities for endurance, flexibility and strength?
- ☆ Did they remember the key messages?
- ☆ Did they feature activities enjoyed by many different cultures?

*MISSION NUTRITION** resources for Kindergarten to Grade 8 are available in English and French at www.missionnutrition.ca or by calling 1-888-876-3750.

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