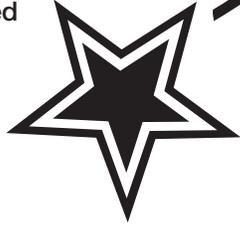


Adventures in learning, created
by Canadian dietitians



Students explore barriers that limit their physical activity and develop strategies for overcoming these challenges.

Learning Expectations:

1. Identify barriers that limit their physical activity.
2. Develop strategies to overcome barriers to physical activity.

Subject Links: Physical Education, Health, Language

Materials & Resources:

- ☆ *Canada's Physical Activity Guide for Youth* and the *Let's Get Active! Interactive Magazine for Youth* at: www.healthcanada.ca/paguide
- ☆ Flip chart and markers
- ☆ Paper

Class Discussion:

Brainstorm reasons students don't participate in physical activity more often or as often as they would like. Make a list of all the things that get in the way of physical fitness in one column, then ask students to come up with practical solutions to overcome their fitness challenges.

Teaching Tip:

For their final project, encourage students to use the *Canada's Physical Activity Guide for Youth* and the *Let's Get Active! Interactive Magazine for Youth* resources at: www.healthcanada.ca/paguide.

Activities:

1. Ask students to design a fitness promotion program to share what they've learned about physical activity with other students. The physical activity projects should highlight the benefits of regular activity and fitness for fun.

Here are some ideas for final projects to promote active living:

- ☆ Develop a brochure.
- ☆ Write a magazine article.
- ☆ Design a web site.
- ☆ Produce a video.
- ☆ Create a school exhibit.
- ☆ Plan a lesson for a lower grade.

2. Assign some of the other activities in the *Let's Get Active! Interactive Magazine for Youth* at: www.healthcanada.ca/paguide

Home Connection: My Fitness Solution

Ask students to identify a solution to overcome one of their own activity challenges. Have them put their solution to the test and write about or report back to the class on their experience.

Assessment:

Assess students based on how well they promote different types of activities and their suggestions for incorporating activity into everyday life.

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