

# Caloric Burning Activities

**Life Skills:**

- Thinking & Reasoning

**Time Frame:**

1 class period that runs 60 minutes.

**Group Size:**

Individual

**Summary:**

Students will use problem solving, decision making and basic math skills to calculate calories used during different activities.

**Main Curriculum Tie:**

Health Education - 4th Grade

**Standard 6 Objective 2**

Determine the relation between food intake and activity. **(PE) \*NU**

**Career Connections:**

- Personal Trainer
- Recreational Director

**Materials:**

- Energy Expenditure Chart for each student
- pencil for each student
- calculators

**Student Prior Knowledge:**

Students need to be able to multiply and add using their calculator

**Instructional Procedures:**

Begin by defining the term, "calorie" (a unit of heat/energy available in foods and used for basic living as well as participation in activities).

- Hand out the Energy Expenditure Chart to each student.
- Tell the class they are going to make a plan of how to burn 1,000 calories in one day, using at least eight different activities from the chart.
- Students will need to figure out the activity, duration of activity, and the calories burned.
- At the end of the worksheet they will add up all of their Calories.
- Inform students that if the total calories don't add up to exactly 1,000, they will need to go back and adjust their activity or duration of activity.
- Possible prompts:  
What did you noticed about the calories burned in the various activities?  
If a person burns more calories through increased activity, what might happen? (They'll need to eat more calories, their weight may change, etc.)
- Collect their worksheets for assessment.

**Strategies For Diverse Learners:**

Pair special needs learners with students who can provide assistance.

**Extensions:**

Have the class write down all of their activities for a day and calculate the total calories burned.

**Assessment Plan:**

Each student will turn in a worksheet.

**Attachments**

- [Energy\\_Expenditure\\_Chart.pdf](#)

**Rubric:**

- [Caloric Burning Activity](#)

**Bibliography:**

Exercise Physiology - Authors William D. McArdle, Frank I. Katch, Victor L. Katch - pages 804 - 811

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## Energy Expenditure Chart

Activity	Calories per minute	Minutes	Total Calories
Basketball	7	X	
Weight Lifting	4	X	
Playing Video Games	1	X	
Cleaning	3	X	
Cooking	2	X	
Cycling	3	X	
Dancing	5	X	
Eating	1	X	
Watching T.V.	1	X	
Football	7	X	
Golf	4	X	
Gymnastics	3	X	
Fishing	3	X	
Skateboarding	6	X	
Mowing	6	X	
Bowling	3	X	
Sitting in Class	1	X	
Writing	2	X	
Playing the Piano	2	X	
Running	10	X	
Snow Skiing	5	X	
Swimming	6	X	
Tennis	6	X	
Playing Computer	1	X	
Volleyball	3	X	
Walking	4	X	
Racquetball	9	X	
<b>Your Total</b>			

**Total must add up to:**

**720 Minutes    1000 Calories**