How Can I Be More Active

Learning Objectives

- I can identify ways to increase physical activity.

Teacher Notes

- My video will go through three reasons or excuses we have for not being active. For each excuse it presents the problem in a funny way, makes one or two suggestions on how to get past that excuse, and then ends with an activity.

- For each activity you will be prompted to pause the video. The activities work best when completed together as a class, and the last activity (creating a game together as a class) should be facilitated by the teacher. Since you're brainstorming with the Create-A-Game activity, using something like classroom screen (https://classroomscreen.com/) would be very helpful. You might not complete the whole game, and that's OK. The goal is to get the students' creative juices flowing so they will be more creative at home, recess, etc.

- Vocabulary: physically active, motivation. Excuse #2 is "I can't get motivated." The best way to explain that to first grade students sounds something like this: "I don't want to do it, but I know it would be good for me, and probably fun, if I did."

- After excuse #3, there is a segment where I present a game my daughter and I created during quarantine. There's an individual version of the game that is explained early on. It might work well for some of your more active students to set that up and play it while the rest of the two-person game is explained on the video, but it's totally optional. For the game (Spike Throw- a lot like Touchball if you're familiar with it) they will need a ball that bounces, a hard surface like a binder or a book, and a couch or a chair to put the binder/book on. This is all explained in the video.

Lesson Steps: Video Outline

https://drive.google.com/file/d/1cWyXZjT6hpjvXN1TmFjP9INvArHVofjQ/view?usp=sharing

Step 1 Introduction

- Ask before the video: Are there times when your parents/guardian tell you to go out and play or do something active but you just don't feel like it? When does that usually happen for you, what time of the day?
- The benefits of physical activity are outlined at the beginning of the video.

Step 2 Activity

- Explained in the first bullet under, "Teacher Notes," above.

Step 3 Closure

- The video reviews each excuse and the suggested ways to overcome those excuses.

- Ask after the video: Which excuse could you relate to? Does anyone want to share what they wrote down for activity two (1- a time of the day where you "don't want to,"2- something physically active that you like to do, and 3- someone you can ask to do it with)?

Assessments

- Pre-Assessment- Call and Response: Are there times when your parents/guardian tell you to go out and play or do something active but you just don't feel like it? When does that usually happen for you, what time of the day? **[if students can't think of any, share some times in your day/week where you know you should be active but you are not).**

- Post-Assessment- Call and Response: Which excuse could you relate to? Does anyone want to share what they wrote down for activity two? **Be specific with question two here. Have them even tell you when they will ask their friend to participate with them. Talking details makes it more likely that they will follow through.**

Extensions/Connections/Applications

- At the beginning of your next class, consider asking the children if any of them set up an "active date" with a friend, and ask them how it went. Problem-solve with them if it didn't go well, so they can try again.

Resources/References

- Benefits of Physical Activity Info Graphic- https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html
- Create-A-Game additional Resources- https://www.pinterest.com/pin/35536284535128499/

Handout

See link above.