

Workout Time

Learning Objectives

- I can identify areas for improvement in personal health.
- I can work to show improvement in making healthy choices.

Teacher Notes

- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline [3.3f Video](#)

Step 1 Introduction

- The teacher will show the interactive video. Students will observe typical behaviors that have a negative impact on their health. In order to understand what the students already understand about improving their personal health, they will answer the pre-assessment questions asked by the instructor in the video. The PE teacher will pause the video to listen to feedback from students after each question.

Step 2 Activity

- The video instructor will model what a productive workout will look like. The intention is to get pumped up to move their bodies! The PE teacher will pause the video after the workout ends and conduct their own movement-based workout with the students in order to teach them that moving their bodies can be fun and they are improving their personal health habits.

Step 3 Closure

- Once the students finish their workout, the instructor will unpauses the video and the lesson will conclude. While the students cool down with some water, they will be prompted by the video instructor to answer some closing questions about what they learned today.

Assessments

- Pre-Assessment: The students will answer the questions that were posed by the video instructor on the screen to assess what they already know about making healthy choices and good personal habits.
- Post-Assessment: When the workout is over, the video instructor will come back on and wrap up with some closing questions about what they learned during the lesson today.



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Extensions/Connections/Applications

- Connections: The students should be using this to make connections between what they are doing at home to make healthy choices, and what they saw in the video. Hopefully they can apply some of the techniques to their own lifestyles and the choices that they are making.

Resources/References

- https://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml