



Grade 5 Sample Lesson Plan: Unit 12 Health Promotion – Create-A-Game

SOLs

- 5.2.F Explain the importance of exercise and recreation.

Objectives/Goals

- Students will identify the health benefits of physical activity and play.
- Students will create a new game that focuses on physical activity and utilizes everyday objects found in and around the home.
- (Optional: Students will vote and play the winning game.)

Materials

- *Create-A-Game* handouts (two pages of notes, directions/rubric, teacher example, student rough draft worksheet)
- *Create-A-Game* PowerPoint presentation
- (Optional: Objects necessary to play one of the newly created games. This will vary depending on each class.)

Procedure

Step 1

- As a bell ringer, have students write down 3 objects they use almost every day of their life OR objects that are useful tools found in their home. Don't provide them with details or the 'why' behind this quick brainstorm session, rather give them a few minutes to focus their thoughts on the upcoming lesson.

Step 2

- Provide the students with the necessary *Create-A-Game* notes handouts and have them complete them as they follow along with the PowerPoint presentation.
- Slide 1: Title slide – Create-A-Game; The benefits of physical activity and play.
- Slide 2: Explain to them that the first page of notes focuses on the many health benefits of exercise. It may be helpful to emphasize that “exercise increases” or “exercise improves” each of these areas when discussing the benefits. Brain Power – INCREASES THE ABILITY TO CONCENTRATE & LEARN. Energy – INCREASED

BLOOD FLOW AND OXYGEN LEVELS. Appetite Control – THE ‘HUNGER’ HORMONE DECREASES. Relaxed – RELIEVES STRESS.

- Slide 3: Limits Illness – BOOSTS THE IMMUNE SYSTEM. Social Life – SELF-IMAGE AND SELF CONFIDENCE INCREASE. Cardiovascular Function – STRENGTHENS HEART MUSCLE. Blood Pressure – LOWERS BLOOD PRESSURE.
- Slide 4: Endurance – THE MORE YOU EXERCISE, THE MORE YOU’LL BE ABLE TO DO. Boosts Endorphins – HAPPY; BETTER OUTLOOK ON LIFE. Muscular Strength – TONED BODY. Fat Burning – DECREASES BODY FAT.
- Slide 5: Exercise – Are You Doing It Right notes include five helpful tips to know if you are exercising enough to maintain and/or improve your health.
- Slide 5, 6, 7: The correct answers are TIME – (C) 60 MINUTES every day but not necessarily straight through, BODY – (B) SLIGHT SORENESS either during activity or the next day. It should not be painful to complete daily tasks. QUALITY – (B) MODERATE TO VIGOROUS or maintaining a heart rate in your target heart rate zone, SLEEP – (C) IMPROVED SLEEP, EMOTIONS – (C) JOYOUS in that you find joy during and after the activity. If it’s something you dislike, you will not continue doing it on a daily basis.
- It may be helpful to summarize this into a few sentences: *To maintain your health, do moderate to vigorous, enjoyable exercise at least 60 minutes every day. This may cause slight soreness during the activity or the next day after exercise but will improve your sleep and overall wellness.*

Step 3

- Slides 8, 9, 10, and 11 can be used to help explain the *Create-A-Game* activity. This can be assigned individually or in small groups. Provide the student(s) with the directions/rubric, teacher example, and rough draft handouts of the *Create-A-Game* activity.
- Students may refer to their bell ringer list or come up with completely new objects to use as the equipment in their newly invented game.
- As you review the directions, emphasize they are inventing some new, easy to set up game that involves physical activity. The rough draft has a further explanation of the details to guide the students.
- Have the students ‘think with the end in mind’...*could we play the game today and does it benefit our health and wellness?*
- As an option, you could have all students vote on the most creative and fun game. The winning game could be played in class or featured on a bulletin board.

Assessment Idea

Students can be graded based on the provided *Create-A-Game* rubric; out of 16 total points. The areas of assessment are content, diagram, organization, and mechanics.

References

- Adams, Stacy (2019), Health and Physical Educator; Shaler Area School District, Glenshaw, PA
- KidsHealth: Why is Exercise Wise (<https://kidshealth.org/en/kids/work-it-out.html?WT.ac=ctg>)

- Universal Athletic Club: Why is Exercise So Important?
(<https://www.universalathleticclub.com/blog/4-reasons-start-exercise-routine/>)

Handout

The next page includes handouts for the lesson. These handouts are designed for print use only.