



## Grade 8 Sample Lesson Plan: Unit 9– Benefits of Physical Activities

### **Description**


Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson.

# Benefits of Physical Activity

## 3.b Assess the health risks of a sedentary lifestyle.

	Link
 <p>What are the short- and long-term effects of being sedentary on the body and brain?</p> <p>What are ways to reduce the amount of sitting time during the day?</p> <p>Source: Preidt, Robert (August 15, 2016). Exercise not an 'antidote' to too much sitting, heart experts say. HealthDay. <a href="https://consumer.healthday.com/cardiovascular-health-information-20/heart-attack-management-and-prevention-news-365/exercise-not-an-antidote-to-too-much-sitting-">https://consumer.healthday.com/cardiovascular-health-information-20/heart-attack-management-and-prevention-news-365/exercise-not-an-antidote-to-too-much-sitting-</a></p>	<p>Calculate how much time you think you spend sitting (Intensity level 1 – Media/Seat) during a typical day. This does not include sleeping at night or meal times. For each line item, if you do not sit during that time, such as if you walk or bike to school, put in zero minutes.</p> <p>Before school (ride the bus/car to school)                   minutes:</p> <p>Sitting in class   minutes:</p> <p>Returning home after school   minutes:</p> <p>Homework   minutes:</p> <p>TV/gaming/computer time    minutes:</p> <p>Other activity:    minutes:</p> <p>Total daily time for Intensity Level 1   minutes:</p> <p>Merriam -Webster ( <a href="https://www.merriam-webster.com/dictionary/sedentary">https://www.merriam-webster.com/dictionary/sedentary</a> ) defines sedentary as doing or requiring much sitting and not physically active. While sitting is often important to recover from activity, there are many reasons why sitting too much is not good for the body.</p> <p>According to a recent advisory from the American Heart Association, “sedentary time is rising, with U.S. adults now spending an estimated six to eight hours a day engaged in sedentary behavior, which includes sitting, driving, reading, TV viewing, screen time and computer use...” ( <a href="http://news.heart.org/sitting-too-much-may-raise-heart-disease-risk/">http://news.heart.org/sitting-too-much-may-raise-heart-disease-risk/</a> ).</p> <p>Dr. Suzanne Steinbaum, a preventive cardiologist at Lenox Hill Hospital in New York City, states, “Our lives have become focused around activities requiring us to be still -- whether it be commuting or transportation, our computers, or the television or computer in our leisure time.... Sociologically, instead of being active to be productive or to have enjoyment, our productivity and fun often requires minimal exertion.”</p> <p>In this lesson, you will learn about the risks of a sedentary lifestyle and develop strategies to be more active throughout your day.</p>

## Explore



Watch this TedEd video, The Hidden Risks of Sitting (Double click on the image to access the video)



Read the article Stand Up, Walk Around, Even Just for '20 Minutes'  
<http://www.npr.org/2012/05/09/152336802/stand-up-walk-around-even-just-for-20-mi>

Based on the video and reading, answer the following questions.

Explain why the video states that the human body is built to move.

What are the short -term and long -term effects of sitting on the body and the brain?

What are some ways to include more movement in your day?

## Apply



During the school year, much of classroom time is spent sitting. Write a letter to teachers about ways you think they could encourage less time sitting for students during class.

Dear Teachers...



## Reflect

Based on what you have learned, go back to your estimate of minutes at Intensity Level 1 at the beginning of the lesson. List 5 strategies that would work for you to reduce the time at Intensity Level 1.

- 1.
- 2.
- 3.
- 4.
- 5.

There are sayings such as “move it or lose it” and “sit less move more” to help remind people about the importance of movement and to encourage people to be less sedentary. What is your saying?

Write a response: