Physical Health

Learning Objectives

- I can recognize that physical activity is a form of healthy entertainment.
- I can encourage my classmates to be physically active inside and outside of class and school.

Teacher Notes

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

Lesson Steps: Video Outline Physical Health 1.1d/1.3d Video

Step 1 Introduction

- Pre-Assessment:
  - What does physical activity do for us?
  - Do you like doing physical activity with a friend or alone?
  - Why should we encourage our friends and familys to be physically active?

Step 2 Activity

- Physical Activity Tabata Routine - Partake in 8 activities for 20 seconds and then a 10 second break!

Step 3 Closure

- Post-Assessment:
  - What does physical activity do for us?
  - Why should we encourage our friends and family to be physically active?

Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge.

- Post: Teacher will observe student choices to determine level of understanding.

Extensions/Connections/Applications

- The teacher can modify the activity by adding different activities for the tabata routine.

Handout

See next page.

Tabata Routine

Set #	Exercise Name	Interval Start
1	**Exercise: Jumping Jacks**	**0:00**
	Rest 10 Seconds	
2	**Exercise: Frog Jumps**	**0:30**
	Rest 10 Seconds	
3	**Exercise: Squats**	**1:00**
	Rest 10 Seconds	
4	**Exercise: High Knees**	**1:30**
	Rest 10 Seconds	
5	**Exercise: Crab Kicks**	**2:00**
	Rest 10 Seconds	
6	**Exercise: Bicycle**	**2:30**
	Rest 10 Seconds	

7	Exercise: Mountain Climbers	3:00
	Rest 10 Seconds	
8	Exercise: Shoulder Touches	3:30
	Rest 10 Seconds	