



## Grade 4 Sample Lesson Plan: Physical Activity and Sleep

**Objectives/ Goals:** Students will understand the benefits of physical activity and sleep and will plan to achieve recommended daily levels.

### **Procedure:**

- Engage students in energizers and fast fitness breaks throughout their learning. Several resources are provided in the references.
- In addition, the following American Heart Association resources provide background information and activities to address these SOLs:
  - Teacher 2012-2013 Resource Guide – It Takes A Heart To Be a Hero: *Resting Heart Rate, Active Heart Rate, In Classroom Physical Activity, Wacky Relays, Walkers/Runners Club, Counting the Hours: Calculating how many hours of sleep you get vs. how many hours you need, Scheduling Sleep: Create a daily schedule that allows for 10 hours of sleep*
  - Teacher 2013-2014 Resource Guide – It Takes A Heart To Be A Hero: *Healthy Highway, Getting Enough Sleep, Frantic Ball, Just Be It Healthy and Fit, Heart Health Concepts, and What Does It Take To Be a Super Hero.* And
- Also suggested are the activities and discussions in the three Kids Health Teacher’s Guides for Grades 3-5: *Fitness, Screentime and Sleep.* *Sleep* includes a student activity, nutrition, and sleep log.  
*Additional assignments:*
- Students create collages with images of exercise and recreational activities that they enjoy.

- Students write a one-page reflection statement about their activity levels and identify two new activities they will try for two days to meet daily physical activity requirements at school and at home, and one new strategy they will try to meet the daily requirements for sleep. After engaging in these activities, they then share their experience with the class and discuss how these activities have made them feel.
- Additional resources are identified in the references below.

## Assessment Ideas:

- Evaluate student participation in discussion, activities, and completion of assignments.

## References:

- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers
- <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- Activity Break <http://www.healthworldeducation.org/industry-trends/item/183-activity-break-5-ways-add-burst-physical-activity-classroom>
- American Heart Association (AHA) - Elementary Lesson Plans [http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\\_UCM\\_001258\\_Article.jsp#.WHVMj2VNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0)
- AHA Balance It Out Teacher's Guide [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_448421.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf)
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467892.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf)
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467893.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf)
- BAM! Physical Activity- <http://www.cdc.gov/bam/activity/index.html>
- Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\\_why-physical-activity](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
- Kids Health Fast Breaks -NBA Fit Classroom Lesson [https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- Kids Health Grades 3-5 Teacher's Guides
  - Fitness <https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf>
  - Sleep <https://classroom.kidshealth.org/classroom/3to5/body/functions/sleep.pdf>
  - Screen Time [https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen\\_time.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf)
- K-2 Sleep Education <http://school.sleepeducation.com/K-2.aspx>
- Let's Get Moving! - <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- PE Central - Heart Power <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.WH6kQ2VNFho>

- PE Central - Interactive Heart Rate  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874>
- Safe Routes <http://www.saferoutesinfo.org/program-tools/access-classroom-resources>
- SHAPE America -Healthy Heart  
[http://www.shapeamerica.org/events/pesportweek/upload/Heart\\_Healthy.pdf](http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf)
- SHAPE America – Musical Spots Fitness Edition  
[http://www.shapeamerica.org/events/pesportweek/upload/Musical\\_Spots.pdf](http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf)
- Utah Education Network – Calorie Burning  
<http://www.uen.org/Lessonplan/preview.cgi?LPid=18870>