



Grade 5 - HP-1
Physical Health
Disease Prevention/
Health Promotion
Virginia 2020 SOLs

Grade 5 Sample Lesson Plan: Healthy Physical Activity

Objectives

- Explain the impact of personal health habits and behaviors on cardiorespiratory fitness.
- Explain the concepts of eating in moderation and energy balance.
- Analyze the physical, academic, mental, and social benefits of regular physical activity.
- Describe how physical activity, sleep, and good health are related.
- Explain the importance of sleep.
- Practice personal health habits that promote cardiorespiratory fitness.
- Explain the importance of exercise and recreation.
- Analyze the physical, academic, social, and emotional benefits of getting enough sleep
- Demonstrate proper lifting and carrying techniques for handling backpacks and book bags
- Support others in making positive food, physical activity, and sleep choices.
- Identify physical activities that students can do with friends and family to build positive relationships.

Resources

- 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>

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- American Heart Association (AHA) - Elementary Lesson Plans
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
- 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
- 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
- AHA NFL Fuel Up to Play 60
http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WIBGbGVNFho
- CDC BAM! Physical Activity- <http://www.cdc.gov/bam/activity/index.html>
- K-2 Sleep Education <http://school.sleepeducation.com/K-2.aspx>
- Kids Health – Backpacks Tip Sheet <http://kidshealth.org/en/parents/backpack.html>
- Kids Health Fast Breaks -NBA Fit Classroom Lesson
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
 - Sports Safety*
https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf
 - Sportsmanship*
<https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>
- Michigan State University - Lets Get Moving Unit
<http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- PE Central Physical Activity Lesson Ideas and Resources <http://www.pecentral.org>
- PE Central Interactive Heart Rate Worksheet -

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<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4874>

- PE Central Let's Get Moving! - <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Safe Routes <http://www.saferoutesinfo.org/program-tools/access-classroom-resources>
- Serving Up My Plate Tipsheet – Be a Fit Kid https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf
- SHAPE America -Healthy Heart 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