



Grade 8 Sample Lesson Plan: 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
<div data-bbox="207 319 310 451" style="text-align: center;">  </div> <p data-bbox="167 447 337 699">What are the short- and long-term effects of being sedentary on the body and brain?</p> <p data-bbox="167 730 337 957">What are ways to reduce the amount of sitting time during the day?</p> <p data-bbox="167 1020 350 1942">Source: Preidt, Robert (August 15, 2016). Exercise not an ‘antidote’ to too much sitting, heart experts say. HealthDay. https://consumer.healthday.com/cardiovascular-health-information-20/heart-attack-management-and-prevention-news-365/exercise-not-an-antidote-to-too-much-sitting-</p>	<p data-bbox="375 405 1401 531">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 data-bbox="375 594 1162 630">Before school (ride the bus/car to school) minutes:</p> <p data-bbox="375 657 1105 693">Sitting in class minutes:</p> <p data-bbox="375 720 1162 756">Returning home after school minutes:</p> <p data-bbox="375 783 1162 819">Homework minutes:</p> <p data-bbox="375 846 1162 882">TV/gaming/computer time minutes:</p> <p data-bbox="375 909 1097 945">Other activity: minutes:</p> <p data-bbox="375 972 1011 1008">Total daily time for Intensity Level 1 minutes:</p> <p data-bbox="375 1035 1450 1167">Merriam -Webster (https://www.merriam-webster.com/dictionary/sedentary) 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 data-bbox="375 1194 1433 1360">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...” (http://news.heart.org/sitting-too-much-raise-heart-disease-risk/).</p> <p data-bbox="375 1388 1450 1581">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 data-bbox="375 1644 1385 1707">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: