

Personal Health: Fitness and Diet

Lesson Goal: To provide students with various exercises that help to keep them healthy. Also, to help students realize why it's important to keep a healthy diet and to exercise regularly.

Major Objectives:

By the conclusion of this lesson, the fifth grade students will be able to define the terms: fitness, diet, strength, endurance, stamina, and other vocabulary words associated with the lesson.

By the conclusion of this lesson, the fifth grade students will be able to identify at least three (3) ways to exercise in order to maintain a healthy lifestyle and what benefits does each exercise give to the body.

By the conclusion of this lesson, the fifth grade students will be able to list at least three (3) foods that are essential for good health and strong bodies.

Total Time needed: 30 minutes

Materials Needed:

30 copies of "Foods You Should Eat Every Day" (template attached)
30 Pieces of Blank Paper
Markers/Colored Pencils
30 copies of "Benefits of Exercise" (template attached)
Ad Examples from Magazines

Special Preparation: Print off copies of "Benefits of Exercise" and "Foods You Should Eat Every Day" for the students. Find and collect Physical Fitness Advertisements from magazines.

Vocabulary:

Fitness: the condition of being physically fit and healthy.

Diet: the kinds of foods that a person habitually eats.

Strength: the state of being physically strong.

Endurance: the fact or power of enduring an unpleasant or difficult process or situation without giving way.

Stamina: the ability to sustain prolonged physical effort.

Cardiovascular disease: the disease of the heart and the blood vessels.

Curriculum Integration Ideas: Art, Communication Skills, Critical Thinking, Problem Solving, Spelling, and Language Arts

Procedure:

Introduction: (9 min)

1. Why do people exercise?
 - To stay fit, to look good, to stay healthy, etc.
2. What does the word "diet" mean?
 - A diet is the kinds of food a person habitually eats.
3. Name some foods that are currently in your diet.

- Fruits, Vegetables, Pizza, Bread, Milk, etc.

4. What would happen if your diet consisted of not so healthy foods (chocolate, ice cream, fried foods, doughnuts) and you didn't exercise very often?

- You would start to gain weight, you could get sick, get fat, etc.

5. Those are some physical things that could happen, what about mental or social things?

- You could be made fun of, you could not fit into your clothes and feel bad about yourself, etc.

6. Do we feel diet and exercise are important to being "well" like we discussed previously?

7. Hand out the "Foods You Should Eat Every Day." On this sheet is a list of foods that a person should eat every day. How many of you have eaten something off this list today? How many of you plan on eating something off this list. I want you to take this list home and keep it in your kitchen to remind you to try to eat at least one of these foods each day.

Activity: (20 min +)

8. Since diet and exercise together are so important, today we are going to make physical activity advertisements to put around the classroom and the school to promote physical activity.

9. Distribute "Benefits of Exercise" worksheet to the students. Go through each of the benefits and explain that all of these reasons exercise is so important keeps our bodies healthy.

10. Tell the students that today they will be making the advertisements. Within these advertisements you need to choose an activity or sport, you need to list the benefits in which it gives to the body, and creative slogan that draws someone to look at your poster such as, "**Want Strong Bones and Muscles, Exercise More.**"

11. You will work on the project throughout the remaining class period and finish the posters for homework. Each student must individually complete the assignment, so no groups can work together. The posters will be graded based mostly on your knowledge of physical health and creativity.

12. Tell the students to come grab a piece of paper and markers or colored pencils and begin to work.

Closing: (1 min)

13. Exercise and diet are very important to maintaining a healthy body and mind.

14. Name three types of food that should be eaten on a daily basis.

15. Describe reasons why being active is important for the body and what are some benefits in exercising.

16. Any Questions?

Assessment: Final advertisements will be graded. The rubric for the advertisements is as follows: knowledge of exercise (50%), Creativity and slogan (30%), and Neatness and Grammar (20%). I want to see that each student tried their hardest in completing the assignment with as much creativity as possible. The poster will be hung around the classroom and the gym's to promote physical activity and show off your work.

Home Work or Family Involvement: Students can bring home a copy of their advertisement and post it in their house. They can complete a recording of how many times they were active per day for an entire month. Each day you exercise, record the exercise and time on a sheet of paper. Have an adult or parent sign off that you completed the exercise. Every 30 minutes of activity equals one point. After the month is completed, we will tally up the points for each student's month of exercise and the person with the most points will win a prize.

Resources:

PE Central. (2008). *Fitness Advertisements*. Retrieved on November 24, 2008 from <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3024>.

Ygoy.com. (2008). *Top 10 Foods You Should Eat Every Day*. Retrieved on November 24, 2008 from <http://www.ygoy.com/?p=16>.

National Health Education Standard(s):

Standard #1: Students will comprehend concepts related to health promotion and disease prevention.

Standard #2: Students will demonstrate the ability to access valid health information and health-promoting products and services.

Standard #4: Students will analyze the influence of culture, media, technology, and other factors on health.

Standard #7: Students will demonstrate the ability to advocate for personal, family, and community health.

Performance Indicator(s): Students will:

- Demonstrate the need for physical activity and a healthy diet plan in their advertisements.
- Analyze which exercises are essential to keeping the body healthy.
- Describe which foods are good for maintaining a healthy weight.