

NUTRITION VOYAGE

THE QUEST TO BE OUR BEST

TREK 1 Grade 8

Finding Fitness!

Time Required:

Three 40-minute sessions

Sample timing:

First Session – **Investigate**

Second Session – **Challenge: Make a Plan**

Third Session – **Evaluate** and **Reflect**

Supplies:

Notebooks, pens, pencils, laptops or computers (optional), Student Printable: **Keep On Trekking: An Hour a Day!**, graph paper or spreadsheet software.

Standards:*

Students will...

Science

- Understand that energy is a property of many substances and is transferred in many ways. (National Academy of Sciences, Content Standard B)
- Understand that cells require nutrients, which they use to provide energy for the work that cells do and to make the materials that a cell or an organism needs. (National Academy of Sciences, Content Standard C)

English Language Arts

- Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration. (8.W.7)

*Sources: Science education standards: National Academy of Sciences, Math and English Language Arts education standards: Common Core.

Subject Focus: Science

Lesson Overview:

Staying active and finding physical activity that one enjoys are skills that last a lifetime. In this lesson, students will learn that there are many fun ways to be physically active — team sports are not the only option. They will come to understand the physical activity guidelines for their age group, analyze their own physical activity levels, and take part in a challenge to increase their minutes spent being physically active.

By the end of the lesson, students will better understand the importance of physical activity and identify fun ways to get moving.

Learning Objectives:

Students will be able to...

- Explain that incorporating daily moderate or vigorous physical activity into one's life does not require a structured exercise plan or special exercise equipment.
- Describe the recommended amounts and types of moderate and vigorous physical activity for adolescents.
- Identify ways to increase daily physical activity.

Questions for This Trek

1. What's my current level of physical activity?
2. Why does being physically active matter?
3. How much physical activity do I need, and what "counts" as physical activity?
4. How can I fit more physical activity into my daily life?

Instructional Steps

1 Investigate

1. What's my current level of physical activity?

Tell students they are about to embark on a challenge. To begin, they will use their notebooks to record how many minutes they spend being physically active for 3 consecutive days. At least 1 day should be a weekend day. Students should estimate the number of minutes they spend being physically active throughout the day, such as by climbing the stairs, walking, running, dancing, skateboarding, and playing basketball. Even short 5- to 10-minute periods of physical activity count.

For example: **Monday:** *Walked the dog (10 minutes), played soccer (45 minutes), did sit-ups (5 minutes), danced to music (5 minutes).*

2. Why does being physically active matter?

Have students bring their notebooks to class. **Ask:** What do they think was the purpose of their research? Why does being physically active matter? How does physical activity help us to do what we love to do, but do it better? Discuss the many health benefits of physical activity for the mind and body. For example, physical activity can make you stronger; make you feel like you have more energy; and help maintain a healthy heart, bones, muscles, and joints. Being physically active can also help you improve attention and learning, as well as help you to reduce stress and relax. Invite students to share examples of times when physical activity made them feel better. How did they feel better?

Finally, physical activity is important for maintaining a healthy weight. Discuss some of the health consequences of obesity, such as heart disease, Type 2 diabetes, and increased risk of a variety of cancers.

2 Challenge: Make a Plan

3. Introduce the Student Printable: Keep On Trekking: An Hour a Day!

This printable introduces the third question for this Trek. Help students use their notebooks to complete the **Day 1** column on the printable. How many minutes did they spend doing low-, moderate-, and vigorous-intensity activities? How close did they come to meeting the recommendation that kids and teens ages 6 to 17 get 60 minutes or more of physical activity a day, the majority of which is moderate to vigorous? Learn more about exercise by selecting “Physical Activity” at <http://www.choosemyplate.gov>.

4. Brainstorm ways to “step up” fitness.

Divide students into four groups—**before school, during school, after school, and weekends**. Invite groups to brainstorm ways to incorporate more physical activity into their categories, focusing on moderate- to vigorous-intensity activities. (See the Student Printable for the descriptions of vigorous versus moderate activity.) For example, the “during school” group might suggest walking around the track or athletic field during lunch.

Remind students to be creative in using the facilities and equipment available in unique ways. For example, students might design an obstacle course or choreograph a dance routine to a favorite song. Have the groups make posters or write blog posts that will inspire peers at their school to “move more.”

Ask students to think about their personal physical activity goals. Have them write down any ideas or new activities to try, to help them meet their goals on the student printable.

Challenge Check-In

- **Check in midweek.** Are students on their way to meeting their goals? Create a master spreadsheet using graph paper or spreadsheet software in order to analyze the results.
- **Invite the before-school, during-school, after-school, and weekend teams to regroup** and brainstorm additional strategies for their categories. Students can discuss what has and hasn't been working for them and share their ideas with the class.

Continue 



5. Challenge another class! Challenge another class! Have students challenge another class to see which group can spend the most time being physically active over the course of 1 week, at a moderate-to-vigorous level. If everyone in the class met the 60-minute-per-day recommendation, how many minutes would that be? Set that as a benchmark and ask students to write this as the “**class goal**” on the printable. Have students use the activity log on the printable to record their time spent being physically active, as well as the level of intensity for each physical activity.

Find a list of physical activity options to use as a guide at: <http://www.choosemyplate.gov/physical-activity.html>.

 **Evaluate**

6. Tally. At the end of the competition timeframe, have students calculate the total number of minutes spent being physically active. Which class spent the most time doing all types of physical activity? Which class spent the most time doing *moderate* and *vigorous* activities?

7. Celebrate! Award prizes for each category, such as planning a mini field day or talent show through which students can demonstrate their favorite physical activities. Invite the winning class on a walk with the principal or teachers.

 **Reflect**

8. Journal accomplishments. Invite students to reflect on their own level of activity in their notebooks. Did they meet their personal goals? How did getting more physical activity make them feel? Are they inspired to keep going? Why or why not?

9. Have a class discussion in which students share their reflections, challenges, and any further questions they would like to explore.

End of Trek

Extension Ideas

- Sponsor a school-wide **Field Day** to try different exercises and activities together as a school.
- Direct students to create a physical activity or dance video that other students can use for personal physical activity. Include modifications for students with different abilities.
- Identify existing physical activity options at school, gather suggestions from peers, then brainstorm new activity ideas to be included at physical activity breaks, or before or after school.
- Collaborate with the physical education teacher to learn what equipment is available for school-wide use outside of physical education class.

Keep On Trekking: An Hour a Day!

Getting up and moving doesn't happen only when playing sports! Track your trekking by writing down what you do each day and for how long. Count any length of time you are not lying down or seated (unless you're on a bike – then that counts, too!).

The goal is to be up and moving at least **60 minutes a day**, the majority of which is of “moderate to vigorous” intensity.

Class goal: _____ total minutes
(60 minutes x # of students)



Low intensity
(for example: light stretching, folding clothes, washing dishes, getting ready for school)



Moderate intensity
(for example: bicycling on a flat surface, skateboarding, dancing, walking to school)



Vigorous intensity
(for example: running, bicycling uphill, playing basketball, swimming laps, karate, hockey, jumping rope)

Is it Moderate ... or Is it Vigorous?

During **moderate activity**, you can talk, but you can't sing.

During **vigorous activity**, you can only say a few words without stopping to catch your breath.

Physical Activity Log

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 _____ minutes +  _____ minutes	 _____ minutes +  _____ minutes	 _____ minutes +  _____ minutes	 _____ minutes +  _____ minutes	 _____ minutes +  _____ minutes	 _____ minutes +  _____ minutes	 _____ minutes +  _____ minutes
Sub-Total: Moderate + Vigorous Activity						
_____ minutes	_____ minutes	_____ minutes				
Plus: Low-intensity Activity						
+  _____ minutes	+  _____ minutes	+  _____ minutes	+  _____ minutes	+  _____ minutes	+  _____ minutes	+  _____ minutes
Total: Daily Physical Activity						
_____ minutes	_____ minutes	_____ minutes				

Ideas for meeting my goals/new physical activities to try:

Did you know?

Playing soccer, taking your dog for a walk, dancing to the radio—it all counts as physical activity and helps keep your mind and body healthy.

