

12 Choose to Exercise Regularly for Good Health

TRANSITION OBJECTIVE

Students will debate the issue of participating in a regular exercise program.

RELEVANCE TO SUCCESSFUL TRANSITION

Maintaining a regular exercise program is important. Students need to understand the importance of developing and maintaining a regular exercise program. Regular exercise helps us stay healthy to pursue the positive and productive home and work life we want.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

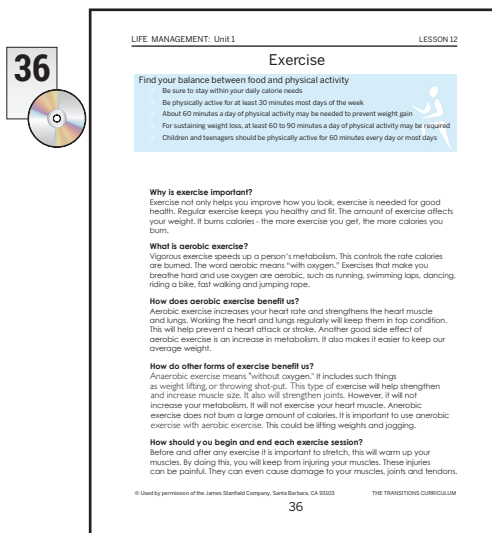
My favorite way to exercise is . . .

❑ STEP 2: Convene Roundtable

"When I exercise regularly I feel ____."

❑ STEP 3: Advance Organizer

"Today you will learn the importance of exercise and fitness."



❑ STEP 4: Activity - 15 Minutes

Ask students to raise their hands if they regularly participate in any sports activity. Go over the handout **Exercise** emphasizing the importance of exercise as a lifelong activity. As students take turns reading the

information, stop between each section for brief discussions. Point out and comment on the fitness books, magazines and articles you brought in, emphasizing points made about exercise that support the handout.

❑ STEP 5: Activity - 30 Minutes

Students form two teams and hold a debate about exercise. Explain that it has been determined that exercise is necessary for good health. Research indicates that there is a positive relationship between regular exercise and good health. However, everyone's situation is different. Some people live long, healthy lives and do not have a regular exercise program and others may exercise regularly and become ill while they are still young. You should always check with your health care provider before beginning any regular exercise program

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LIFE MANAGEMENT: Unit 1 LESSON 12

Exercise Debate Guide

Name of Team: _____

Name of Captain: _____

Debate Topic: _____

Ideas/Arguments in favor of your topic (ten-minute preparation):

1. _____
2. _____
3. _____
4. _____
5. _____

Directions and rules for the debate:

1. One person speaks at a time
2. Each person has one minute to speak
3. Starting team presents idea or argument defending their topic
4. Opposing team gives a rebuttal for the idea of the starting team
5. Starting team may respond to the rebuttal
6. Score keeper (teacher) gives the starting team a score ranging between zero (not at all convincing) to five (very convincing)
7. Opposing team presents idea or argument
8. Starting team responds with a rebuttal
9. Opposing team responds to the rebuttal
10. Score is given to opposing team.

Be prepared to defend each of your ideas/arguments by anticipating the response of the other team.

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Go over the handout **Exercise Debate Guide** and have teams use this guide to prepare for the debate. Give teams 10 minutes to prepare their arguments. They may use information from the handouts, Internet, books and magazines. Circulate and offer ideas for preparing the arguments where needed. For the debate, *arrange* to have teams face each other and follow the rules stated on the guide. Have teams debate at least three rounds, then share your positive observations, tally the scores and declare a winner.

☐ **STEP 6: Evaluate Outcomes**

One reason I will exercise regularly is "_____."

☐ **STEP 7: Connecting Activity**

Have students visit a fitness center or a health spa and get information about their exercise program. Report this to the class.

Have students number off by twos and select a captain. On two pieces of folded paper, write the topics, "reasons to exercise" or "excuses for not exercising."

KEY WORDS

**exercise
tendons**

**aerobic
debate**

**anaerobic
rebuttal**

**fitness
health spa**

**muscles
fitness center**

MATERIALS AND PREPARATION

- Student Handouts: **Exercise**, page 36; **Exercise Debate Guide**, page 37.
- Have available books, magazines and other resources with information about exercise and fitness.
- Prepare to discuss the benefits of exercise. Prepare for the debate activity and help teams prepare their arguments. Go to www.letsmove.gov for more information on the importance of exercise as a healthy habit.
- If you have a student with a physical disability visit the fitness.gov website and follow the link, "I can do it, you can do it." Use this information to make your lesson inclusive for all students.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Listening, Speaking
- Thinking Skills: Critical Thinking, Decision Making, Problem Solving
- Personal Qualities: Responsibility, Sociability, Self-Management, Honesty/Integrity