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## Participate in a Two-Week Physical Exercise Program

### TRANSITION OBJECTIVE

Students will participate in a two-week physical exercise program and write a report on their experiences and results.

### RELEVANCE TO SUCCESSFUL TRANSITION

Getting started on a healthy physical exercise program can be difficult for young people, especially when they feel there is no group to join or place to exercise. Once started, exercising can become a lifetime habit.

## INSTRUCTIONAL SEQUENCE

### ☐ STEP 1: Update Journal

Exercising is fun when . . .

### ☐ STEP 2: Convene Roundtable

"After I exercise I feel \_\_\_\_."

### ☐ STEP 3: Advance Organizer

"Over the next two weeks you will experience some benefits of physical exercise."

### ☐ STEP 4: Activity - First Day

Explain to students that many people have three or four hours per day of free time. Continue by explaining that most healthy people participate in five hours of physical activity per week. Have students volunteer examples of physical activities. Write them on the board.

Explain that over the next two weeks, everyone will choose a physical activity and spend ten days participating in that activity. A log will be kept and a report completed at the end of the ten days. Activities include practicing an individual or team sport, exercising, working out or any other physical activity that increases heart rate. Modify this assignment for students with restricted physical needs. Review the **Physical Activity Log** and **Physical Activity Report**. Explain that students have two weeks to complete the log. They should work on the report in class and share it on the ninth day. As part of

the report, students develop a comic strip depicting their physical activity. Tell them they can get ideas for their comic strips from others, online or the newspaper.

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LIFE MANAGEMENT: Unit 2	LESSON 8
<b>Physical Activity Log</b>	
Each day for ten days record your physical activities. Write the time of day, the type of activity and how you felt after the activity.	
<b>Sample Log Entry:</b> At 4:30, I swam for two hours at swim practice. I felt tired but had a good workout.	
Day 1:	
Day 2:	
Day 3:	
Day 4:	
Day 5:	
Day 6:	
Day 7:	
Day 8:	
Day 9:	
Day 10:	
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LIFE MANAGEMENT: Unit 2 LESSON 8

Physical Activity Report

Name of Activity

Cost of Activity

Description of Activity

Location of Activity

List three benefits you get from this activity:

- 1.
- 2.
- 3.

Comic Strip: (Using another piece of paper, make a comic strip showing your activity. Don't forget to add humor and fun to your comic.)

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### ❑ STEP 5: Activity - Days 2-9

Continue with other lessons while students complete the two-week log. On the fifth day of the two-week project, review the report assignment and read your own report aloud as a model. Give students time to work on their reports in class over the next few days. Assist students as needed.

### ❑ STEP 6: Activity - Day 10

Students will take turns sharing their **Physical Activity Report** in a two- to three-minute

presentation. Each student also will present their comic strip and then display it in the room.

### ❑ STEP 7: Evaluate Outcomes

A good place to get physical exercise is "\_\_\_\_\_."

### ❑ STEP 8: Connecting Activity

Invite a fitness expert speak to the class.

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LIFE MANAGEMENT: Unit 2 LESSON 8

Physical Activity Report Sample

Name of Activity  
Skateboard

Cost of Activity  
\$40 or more for a skateboard

Description of Activity  
I ride my skateboard after school, usually in my neighborhood for 3 to 5 miles. I ride at a skateboard park on weekends, compete in skateboard contests. I'm always practicing to get better.

Location of Activity  
In my neighborhood and at a skateboard park

List three benefits you get from this activity:

1. Keeps my leg muscles strong and toned.
2. I can get from place to place - free transportation.
3. I get to compete and improve my skills.

Comic Strip: (Using another piece of paper and pen, pencil, or markers, make a comic strip showing your activity. Don't forget to add humor and fun to your comic.)

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## KEY WORDS

rigorously

restrictions

preferred

## MATERIALS AND PREPARATION

- Student Handouts: **Physical Activity Log**, page 65; **Physical Activity Report**, page 66; **Physical Activity Report Sample**, page 67.
- Become familiar with handouts. Have comic strip samples available.
- Provide accommodations for students as needed. Prepare your sample report.

## SCANS FOUNDATION SKILLS

- Basic Academic Skills: Writing, Speaking
- Thinking Skills: Decision Making, Problem Solving
- Personal Qualities: Self-Esteem, Sociability, Self-Management