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Learn the Benefits of Regular Physical Exercise

TRANSITION OBJECTIVE

Students will learn about the need to participate in a variety of free time activities, including those requiring rigorous physical activity.

RELEVANCE TO SUCCESSFUL TRANSITION

Participation in rigorous physical exercise will increase stamina, reduce stress and prolong a healthy life. Students need to be aware of the variety and benefits of choosing physical leisure activities.

INSTRUCTIONAL SEQUENCE

☐ STEP 1: Update Journal

Participating in physical activities is . . .

☐ STEP 2: Convene Roundtable

"When I think of being physically active, I think of ____."

☐ STEP 3: Advance Organizer

"Today you will learn more about the choices and benefits of participating in rigorous physical activities."

☐ STEP 4: Activity - 30 Minutes

Using a collection of 15 items related to physical activities, play the **Ten Questions** game. Display the items on a table or desk in front of the room. Divide students into groups of three and have them quickly choose a name for their team. To play, select one group as the lead team and ask them to silently choose an item. Other teams will guess which item was selected. Going around the room clockwise, each team can ask the lead team one "yes" or "no" question or guess the item. A correct guess earns 20 points, an incorrect guess is a loss of 20 points. When the lead team has been asked a total of ten questions by the other teams and the chosen item has not been guessed, the lead team

will earn 20 points and a new lead team is selected. When one of the teams chooses the right item, that team gets the 20 points and a new lead team is selected. Continue the game until all teams have had a turn and all items have been used. Teams may choose items more than once.

☐ STEP 5: Activity - 15 Minutes

Hold a discussion about the wide variety of physical activities available. List these on the board. Next, ask students to brainstorm the benefits of physical activities. Record these ideas on the board. Emphasize the need to participate in regular physical exercise and discuss the health benefits (Refer to Unit 1 Lessons 12 and 13). Encourage students to share their own feelings about the physical activities that they have tried or would like to try in the future. Remind them of the importance of participating in a variety of leisure activities, including those that require physical exertion.

☐ STEP 6: Evaluate Outcomes

I have learned that I prefer free time activities in the Exercise/Physical category like "____."

□ STEP 7: Connecting Activity

Get information about the origin of a team or individual sport by looking up information on the Internet, in a hard copy encyclopedia or by asking a coach. Report the information to the class.

KEY WORDS

origin**rigorous****other names of items selected for the game**

MATERIALS AND PREPARATION

- Student Handouts: None
- Prepare the 15 items representing physical activities needed for the **Ten Questions** game. Or use online games similar to Jeopardy, Wheel of Fortune or 20 questions instead of "Ten Questions."
- Prepare a discussion about physical activities.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Problem Solving, Visualizing
- Personal Qualities: Self-Esteem, Sociability