



Lesson #6: Move! Move! Move!

Chapter Six

Now that Cristina has gotten her family excited about "eating the rainbow," she is ready to tackle another thing that the doctor told them is important to diabetes treatment and prevention: exercise. This is a bigger challenge. Cristina's abuela has foot problems from the diabetes and spends much of her day sitting. Her mami's diabetes has led to vision loss. As a result, her mother doesn't like to go out to walk or drive at night. Both women have been advised to exercise to improve their health. Cristina is worried that their sedentary lifestyle is actually part of what contributes to their not getting better and wants to investigate why exercise is such an important part of a healthy lifestyle. Maybe she'll learn some tips she can share with her family!

Lesson Overview:

In this lesson, students collaborate to gather and share information about the benefits of physical activity, types of physical activity, and examples of exercise. Students apply their new learning to the development of a personal exercise plan.

Content Areas:

Life Sciences and Health Education

Lesson Duration:

1 60-minute class period

Essential Questions:

- What are the benefits of regular physical activity?
- What types of activities can help me get and stay healthy?
- What steps can I take to ensure that I get regular exercise?

Materials:

- Chart paper
- Marker
- Internet access



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- Handout/Website: [The Benefits of Physical Activity](#) from the Centers for Disease Control and Prevention
- Handout/Website: [The Three Elements of Fitness](#) (middle of page) from KidsHealth.org
- Handout/Website: [What We Recommend](#) from the American Diabetes Association
- Handout/Website: [Stretching and Balance Exercises](#) from the American Diabetes Association
- Handout: *Move! Move! Move! Capture Sheet*
- Handout: *You've Got PEP! (A Personal Exercise Plan)*
- Blank sheet of paper (1 per student)
- Pencil

Objectives:

Students will:

- Identify different kinds of exercise and examples of each
- Describe the benefits of regular exercise
- Create a personal exercise plan

Vocabulary:

- Exercise
- Aerobics
- Strength training
- Flexibility

Background Information for the Teacher:

Aerobic exercise stimulates the heart rate and breathing rate to increase in a way that can be sustained for the exercise session. Examples of aerobic exercises include running, swimming, walking, hiking, aerobics classes, and dancing.



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Health benefits¹ of regular aerobic exercise include:

- Weight loss or control
- Prevents or manages health problems (stroke, type 2 diabetes, depression)
- Improves mood
- Improve muscle strength and endurance
- Helps you sleep better
- Helps lower blood glucose

Strength training is a way to improve muscle strength and muscle tone. Health benefits² of strength training include:

- Improve your posture
- Prevent injuries
- Help with everyday activities (lifting shopping bags, children, and strollers)
- Help prevent osteoporosis
- Increase your metabolism

Stretching exercises help keep your joints flexible, prevent stiffness, and may help reduce your chance of injury during other activities.

Procedure

1. Say, "Cristina has learned a lot about making healthy choices about the foods she eats. Now she's turned her attention to another important piece of health and fitness—exercise! What kinds of activities do you think of when I say 'exercise'?" Allow time for class discussion; record students' responses on chart paper (for use later in the lesson).
2. Explain that many people think that exercise has to take place in a gym, like lifting weights or doing aerobics. But exercise includes anything that gets us moving

¹Mayo Clinic, 2016. Retrieved from: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389?pg=1>

²American Diabetes Association, 2015. Retrieved from: <http://www.diabetes.org/food-and-fitness/fitness/types-of-activity/what-we-recommend.html>



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and active, such as dancing, biking, walking, playing basketball, or even doing yard work. We just need to get up and move!

3. Say, "In this lesson, we will be conducting a jigsaw activity to learn how exercise can help us maintain a healthy lifestyle. Each of you will work in teams to become experts on a specific topic. Then we will mix up the teams so you can teach each other about your area of expertise."
4. Say, "You will visit four different web pages to gather information about your assigned topic. Work together to go to the web page, read the information, and answer the questions to build your expertise on your assigned topic."
(Instructional Option: If technology is not available to conduct this activity, print out the information on each web page and distribute the information to students. This is also advised if the duration of the activity is an issue.)
5. Circulate around the room to help with any potential technical difficulties and content questions students may have.
6. When students are finished working, regroup them so that each website/handout is represented by an expert in every group (i.e., each group has an A, B, C, and D expert). Share the following directions:
 - In your new group, each of you is a content expert on the area you researched. Take turns being speaker and listeners. Speakers, share what you learned about your topic. Listeners, record the new information on your *Move! Move! Move!* capture sheet.

Allow time for students to collaborate.

7. Regroup students and engage them in a discussion about what they learned, what was surprising, and the impact of the information on them personally.
8. Say, "Sometimes when we're busy, it's difficult to make sure we get a little exercise every day. In this next activity, we are going to make a personal exercise plan. Let's look back at our chart paper where we listed our ideas about kinds of exercise. What activities would you like to add to this list?" Record students' responses.
9. Distribute the *You've Got PEP!* handout to students and read the directions aloud. Allow time for students to complete their plans. Ask a few volunteers to share their plans with the whole group.



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10. To close, conduct a Snowball activity: Students take out a blank sheet of paper and write one important thing they learned from today's lesson. Students crumple their papers into a ball and, when cued, throw their "snowballs" into the air. Each student picks up a snowball, opens it, and reads the fact. Students then add another statement to the piece of paper — a supporting detail to the original statement or a completely new statement related to their learning. Repeat several times until students have had ample opportunity to report out significant learning from the lesson. Wrap up by asking a few volunteers to share what is written on their snowballs.

Celebration Extension:

Have students work in small groups to brainstorm ways they would communicate to friends and family members the importance of regular physical exercise. Their presentation should address benefits of exercise, different kinds of exercise (aerobic, strength, flexibility), and examples of exercise. Encourage students to be creative!

Suggested time for presentation: 5–10 minutes

Additional Resources:

- [American Diabetes Association: Food and Fitness](#)
- [National Institute of Aging at NIH: Exercise Activities](#)
- [American Heart Association: Stretching and Flexibility Exercises](#)
- [Discovery Education: Snowball Fight](#)
- [Discovery Education: Pecha Kucha](#)

National Standards

Health Standards

- **Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- **Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- **Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.



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- **Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

CCSS

- CCSS.ELA-Literacy.RL.3.4 Determine the meaning of words and phrases as they are used in a text.
- SL.4.1.D Review the key ideas expressed and explain their own ideas and understanding in light of the discussion.

Move! Move! Move!

Capture Sheet

Directions: Using information from your assigned resource, gather information to answer the questions below. During Part 1 of this activity, you should answer the questions in your assigned section only. Think about how you will teach your classmates this new information! During Part 2 of this activity, you will learn about the other topics from your classmates and will fill in the rest of the information.

A: [The Benefits of Physical Activity](#)

1. Describe 8 benefits of regular physical activity.

- _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
-

B: [The Three Elements of Fitness](#)

1. What are the 3 elements of fitness described on this page?

- _____
- _____
- _____



2. What are examples of exercise that improve those 3 elements? List examples for each element you identified above.

- _____
 - _____
 - _____
-

C: What We Recommend

1. List 3 benefits of doing aerobic exercise.

- _____
- _____
- _____



2. List 3 examples of aerobic activities.

- _____
- _____
- _____

3. List 3 benefits of strength training.

- _____
- _____
- _____



4. List 3 examples of strength training activities.

- _____
- _____
- _____

D: Stretching and Balance Exercising

1. What are the benefits of stretching?

2. List 2 activities that count as stretching/flexibility exercises.

- _____
- _____



3. How should stretching feel? _____

4. How should stretching not feel? _____

5. List 3 "Do's" of stretching.

- _____
- _____
- _____

6. List 3 "Don'ts" of stretching.

- _____
- _____
- _____

Name: _____

You've Got PEP! **(A Personal Exercise Plan)**

Directions: Make an exercise plan for the week to ensure that you are active a minimum of 30 minutes 5 days a week. Be sure to include different types of exercise. Use words, pictures, and/or symbols. Mix it up and keep it interesting! Don't forget to include any weekly activities you do, such as team or individual sports, dance class, or cheerleading practice. Add the dates to help you keep track of your success!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday