

## BE ACTIVE!



Physical activity plays an important role in our lives: it contributes to our health, well-being and quality of life. It is particularly important for children and youth to stay physically active, because habits adopted early on often last a lifetime. As part of promoting healthy lifestyle choices, encourage and empower your students to be more active.

In schools that follow a Daily Physical Activity (DPA) program, it may be difficult to devote more time to physical activity during classroom hours. Perhaps the physical activity challenge could be met during the DPA period. It might also be possible to use recess time to hold a soccer game or other group sports activity. And assigning students 20 or 30 minutes of their favourite physical activity as homework might encourage their families to keep active, too. This would be another means of meeting the physical activity challenge without cutting into classroom hours.

### Curriculum links

- Health and Physical Education: Active Living
- Health and Physical Education: Motor Skills

### Learning objectives

- distinguish between sedentary activities and moderate to vigorous physical activities
- understand that, for our bodies to be healthy, we need to be physically active every day
- recognize the signs of physical exertion



CANADA AGRICULTURE  
AND FOOD MUSEUM

A FASCINATING WORLD



Canada

## Learning methods

- comparing the resting heart rate and the heart rate following moderate to vigorous physical activity
- playing an active game that involves classifying activities by intensity

## Instructions

### Introduction

1. In class, briefly go over the points covered in the introductory activity, Being Healthy. Ask students if they remember what we need to do to stay healthy. Remind them that the aim of the Healthy Kids Quest is to encourage them to make healthy lifestyle choices, such as eating nutritious food and staying active.
2. Ask students if they enjoy being active. Is it fun? What do they like about it? How can they determine whether what they are doing or the games they are playing are seen as “being active”? Explain that they are going to find out what moderate to vigorous physical activity means and to recognize how their bodies feel when they are being active.
3. Ask students to name their favourite activities, such as dancing, playing hockey, playing video games, reading or cycling. Record their answers on the board.
4. Make two columns on the board. Write Sedentary Activities at the top of one and Moderate to Vigorous Physical Activities at the top of the other.
5. Taking advantage of the fact that they are seated, ask students to put their hands on their hearts. Can they feel a heartbeat? What about their breathing: is it slow or fast?
6. Ask students to stand up and hop, do jumping jacks or run on the spot for a few minutes. Then have them stop and immediately check their heartbeat again. What do they notice about it? What do they notice about their breathing? Are they hot? Have they been perspiring? Are they feeling tired?
7. Explain that, during sedentary activities, our bodies move very little or not at all. Our breathing is slow, we are not out of breath and our heartbeat is regular; if we place our hands on our chests, it is difficult to detect a heartbeat. Physical activity increases the heart rate: it makes the heart beat faster and stronger. During moderate to vigorous physical activity, our bodies move, our breathing is faster, we are out of breath and sometimes we have trouble speaking. Often we are hot and we perspire, and our bodies get tired.
8. To determine whether each activity on the board is sedentary or moderate to vigorous, ask students to start walking on the spot. Name the activities one by one. If an activity is sedentary, students are to stop walking and freeze, like statues. If the activity is



moderate to vigorous in intensity, they can resume walking on the spot or walk around the classroom, hop, jump or dance. Write the name of each activity in the appropriate column.

9. Review the activities listed in each column with students. What moderate to vigorous physical activities could the students take up to replace the sedentary ones and make their lives more active? Can they name other physical activities that are fun to do?
10. Talk about the importance of being active. Explain that children their age should try to be active (in moderate to vigorous physical activities) for at least one hour every day. But more is better. Why do students think it's important to be physically active every day? How does being active benefit our health? Listen to their answers and then go over the following list of benefits. If they are physically active, they could:
  - Have stronger bodies (a stronger heart, bones and muscles)
  - Have more energy and be in better shape (improve their fitness)
  - Find it easier to concentrate
  - Do better at school
  - Improve their posture and balance
  - Be less stressed
  - Grow healthy and strong
  - Meet new friends
  - Have better self-esteem

## Physical activity challenge

Ask students, as a group, to set themselves a physical activity challenge for the next four weeks. Here are some sample challenges for this theme:

- On [day of the week], I will take part in a group sports activity [identify the activity if necessary] for 30 minutes [or another length of time].
- On [day of the week], I will take part in an individual sports activity [identify the activity if necessary] for 30 minutes [or another length of time].
- On [day of the week], I will take part in a family sports activity [identify the activity if necessary] for 30 minutes [or another length of time].



CANADA AGRICULTURE  
AND FOOD MUSEUM



Canada



## EVERY ACTIVITY COUNTS!



To stay healthy, we need to eat nutritious food and we need to exercise every day. According to *Canada's Physical Activity Guide*, children between the age of 5 and 11 need at least one hour of moderate to vigorous physical activity every day. Examples of physical activity of this intensity include walking (briskly) to school, cycling, swimming, playing ball games, walking the dog and climbing on play structures.

It can be difficult to measure students' physical activity because they are active all day long. But by keeping track of the time they spend exercising throughout the day, students can see whether they are getting the minimum one hour of physical exercise daily that is recommended.

### Curriculum links

- Health and Physical Education: Active Living
- Mathematics: Number Sense and Numeration
- Mathematics: Measurement

### Learning objectives

- understand that, to be healthy, we need 60 minutes of moderate to vigorous physical activity every day
- realize that every bit of physical activity counts, and that the time spent exercising accumulates during the day



CANADA AGRICULTURE  
AND FOOD MUSEUM

A FASCINATING WORLD



Canada

## Learning methods

- measuring and recording the time spent performing moderate to vigorous physical activity over the course of at least one day
- calculating the time spent exercising over the course of at least one day

## Pre-activity

Make a photocopy of the Every Activity Counts! activity sheet for each student.

## Instructions

1. Ask students if they remember what “being healthy” means. How do we stay healthy? We need to eat nutritious food, keep active, get enough sleep, stay safe, etc. How much time should we spend being physically active every day? Explain that children their age should aim for at least one hour of moderate to vigorous physical activity every day. A moderate to vigorous physical activity could be walking briskly, skating, running, playing soccer, cross-country skiing or playing basketball. Remind students that physical activity increases our heart rate: it makes our hearts beat faster and stronger. When we are active, our bodies move, our breathing is faster, we are out of breath and sometimes we have trouble speaking. Often we are hot and perspire, and our bodies get tired.
2. Do students think they get 60 minutes of physical activity every day?
3. Give each student a copy of the Every Activity Counts! activity sheet. Explain that the next activity is designed to measure the time they spend being active over the course of one day, or longer if desired.
4. Ask students if they have had any physical activity since getting up in the morning. If they have, make a note of the Type of Physical Activity in the appropriate column on their activity sheets. Estimate the time spent on this activity and record it in the Duration in Minutes column. For example, before catching the school bus, a student skipped rope for 10 minutes.

Type of Physical Activity	Duration in Minutes
Skipping rope	10

4. After recess and physical education classes, take a few minutes to record each student's data on his or her activity sheet.

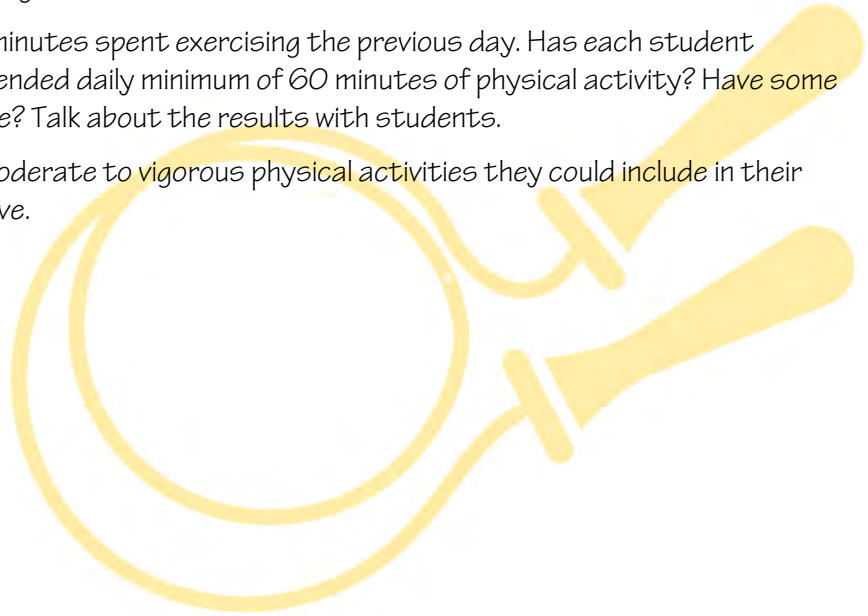


CANADA AGRICULTURE  
AND FOOD MUSEUM



Canada

5. Send students' activity sheets home with them. Ask students to record the time they spend exercising during the evening.
6. The next day, add up the minutes spent exercising the previous day. Has each student accumulated the recommended daily minimum of 60 minutes of physical activity? Have some of them accumulated more? Talk about the results with students.
7. With their help, identify moderate to vigorous physical activities they could include in their schedules to be more active.



## Suggestion

Repeat the activity for several days, and see whether the level of physical activity remains constant or varies from one day to another.



CANADA AGRICULTURE  
AND FOOD MUSEUM



Canada



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## EVERY ACTIVITY COUNTS!

On the table below, record all the physical activities you do during the day, and for how long. Then add up the times to see whether you have been physically active for a total of 60 minutes.

Type of Physical Activity	Duration in Minutes



CANADA AGRICULTURE  
AND FOOD MUSEUM



Canada



## PHYSICAL ACTIVITY

Physical activity plays an important role in our health, well-being and quality of life. It is particularly important for children and youth to stay active because doing so strengthens their developing bones and muscles.

How much physical activity is suggested for children? The Public Health Agency of Canada recommends that children between the age of 5 and 11 accumulate at least 60 minutes of physical activity every day.

To help meet this goal, physical activity can be done in bouts of 10 minutes or more. Every activity counts, so it's important to encourage children to spend more time being physically active!

### Keep every “body” active!

Here are some tips that can help the whole family become more active:

- Limit the time your family spends in front of a screen (TV, computer, smartphone, digital tablet). Away from a screen, your family will probably be more active.
- As a family, take some time to visit a playground after school and on weekends.
- As a family, go for a walk around the block after dinner. If you have a dog, get the whole family to take it out for its walk.
- As often as you can, leave the car at home and do errands around your neighbourhood on foot or on a bike.
- Ask your child to help you with household chores that call for muscle, such as carrying grocery bags, raking leaves or shovelling snow.
- Set up an outdoor activity bin where you keep different kinds of balls, a few mini safety cones, skipping ropes, hoops, a Frisbee® and other sports equipment. Make sure the bin is within your child's reach.
- Go for a family bike ride or hike along a nature trail. You can be active while taking in some beautiful scenery!





- Encourage your child to join an extracurricular activity that will get him or her moving but will also be fun.
- As often as possible, use active means of transportation (walking, cycling, running, skateboarding, roller skating or using a scooter).
- In the winter, get outside for some fun family activities, such as ice-skating, skiing, tobogganing, snowshoeing or building snow forts (even shovelling snow can be fun!).

## The benefits of physical activity are endless

Keeping up regular physical activity can make a difference to your child. Students who are physically active are likely to:

- Have stronger bodies (a stronger heart, bones and muscles)
- Have more energy and be in better shape (improve their fitness)
- Find it easier to concentrate
- Do better at school
- Improve their posture and balance
- Be less stressed
- Grow healthy and strong
- Meet new friends
- Have better self-esteem

Remember that you are a role model for your child. The more active you are, the more likely it is that your child will be active!



CANADA AGRICULTURE  
AND FOOD MUSEUM



Canada