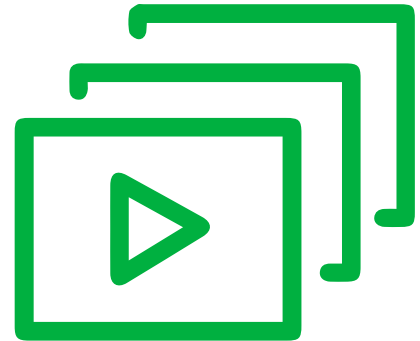


DIGITAL LESSON

YOUTUBE STAR



OVERVIEW

Building off the popularity and efficiency of YouTube workouts, student groups will collaborate to create the content for a short workout routine. They will learn the difference between aerobic, muscle-strengthening, and bone-strengthening activities in order to create a routine that touches on three important types of physical activity. Students will then share their workout routines as they work toward accomplishing their 60 minutes of daily physical activity!

USE OF PRESENTATION

The accompanying presentation was created with PowerPoint so that it can be used in a variety of classrooms. If you are using a laptop with an LCD projector, simply progress through the PowerPoint by clicking to advance. All of the interactive aspects of the presentation are set to occur on click. This includes images, text boxes, and links which will appear in a web browser upon clicking. If you are using an interactive whiteboard, tap on each slide with your finger or stylus to activate the interactive aspects of the presentation. In the notes for each slide, there will be information on how to proceed.

CONTENT AREAS

Health, Physical Education

ACTIVITY DURATION

45–60 minutes

AGE RANGE

10–13



ESSENTIAL QUESTIONS

- How can different kinds of exercise be categorised?
- What are the short-term and long-term effects of exercise?
- How can we make exercise fun and incorporate more physical activity into our daily lives?

For more information about the Future Well Kids programme, please email
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