

FITNESS APPS



AGE RANGE

10–13

OVERVIEW

Students will explore various examples of fitness apps and discuss the strategies such apps use to help keep people active. They will be working in groups to test a free fitness app that can be downloaded onto the school provided device. Students will demonstrate at least one activity provided by their chosen app that they learned. Based on their findings and understanding of a successful fitness app, the students will create a review in a group. Next, they will share their reviews of each fitness app with the class, specifically focusing on its potential ability to help reduce the risk of developing noncommunicable diseases. Finally, students will reflect upon the impact that the design of a fitness app could have on how likely it will be used.

TIMING

45–60 minutes

OBJECTIVES

Students will:

- Identify information, products, and services to enhance health
- Evaluate different components of website apps to judge its ability to be an effective means of helping reduce the risk of developing noncommunicable diseases
- Create a review that draws a conclusion on the validity of the app to enhance health

MATERIALS NEEDED

- Pencils, one per student
- Crayons or felt-tips, one set per group
- Poster board, one per group and one for volunteer(s)
- Whiteboard markers and larger marker, one for the volunteer(s)
- **Ranking Fitness App** handout, one per group and two extras
- Devices with internet access that can download the fitness apps from websites (i.e. tablet,

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

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