

DIGITAL LESSON

GET MOVING



OVERVIEW

This digital lesson will guide students through an exploration of the link between physical activity and health. In stations, students will try different forms of physical activity, investigate how their body reacts to different types of exercise, and learn more about each activity’s specific positive effects. Students will then examine their current level of activity and create an action plan to help them work toward achieving 60 minutes of physical activity each day.

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 do different types of exercise affect your body?
- How does physical activity contribute to overall health?
- How can we incorporate more physical activity in our daily lives?

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