

Lesson 5 – Be the Beat®: Joining in the Action

Lesson Description: Students will plan and commit to ways of participating in regular physical activity and help their families make similar commitments.

Curriculum Connections: problem-solving

Health National Standards:

Students will:

- comprehend concepts related to health promotion and disease prevention to enhance health;
- analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors;
- demonstrate the ability to use goal-setting skills to enhance health;
- demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks; and
- demonstrate the ability to advocate for personal, family, and community health.

National Physical Education and Physical Activity Standards:

Students will:

- participate regularly in physical activity;
- achieve and maintain a health-enhancing level of physical fitness; and
- value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Health Intended Learning (objectives):

Students will:

- discuss different types of physical activities and how they benefit their health;
- consider the types of exercise, sports, and physical activities they like; and
- create an exercise plan for themselves and their families and monitor their adherence to the plan.

Class Time: 60 minutes, plus time outside class

Materials:

- **Activity Log and Commitment Pledge** (for student and family)

Launch (Anticipatory Set):

Discuss or review with students:

- Participating in daily physical activity and exercise is important because increasing physical activity improves overall health and fitness.
- Some benefits of physical activity include increased strength, weight control, heart health, reduced blood pressure, improved cholesterol, reduced risk of some diseases, and feelings of well-being.
- Participating in sports and physical activities that you enjoy doing (alone and/or in groups) makes it easier to stick to an activity plan.

Explore/Activity:

- Note: This lesson is associated with Lesson 1, so students can review their activity logs and heart rate measurements taken during that lesson.
- Have students brainstorm activities they can do with their families or in groups, including those that require little cost or equipment (walking, jogging, jumping rope) and others that might have higher associated costs (skiing, biking).
- Have students discuss the benefits and likelihood of continued participation in a particular activity based on those benefits related to:
 - social interaction in groups (They are more likely to continue with activities they enjoy with other people.)
 - heart health (Increased physical activity helps reduce blood pressure and control cholesterol.)
 - strength and endurance
 - weight management (Physical activity can help people control and manage their weight not only by burning calories, but also by reducing the amount of time spent doing sedentary activities, such as watching television.)
 - well-being (Physical activity helps improve self-confidence and self-esteem.)
- Have students create a plan for regular physical activity. They can interview family members about their interests and help their family create an activity plan that suits everyone. Encourage them to advocate for a family commitment to the plan.
- Next have students use the **Activity Log and Commitment Pledge** handout to list each activity their family has included in their plan, the number of times per week they will participate, and for how long. Students and their family members should then record each date and time they participate on the top portion of the sheet.
- Students should share their plans with one another and check in periodically to discuss their families' progress.

Summary:

Discuss with students:

- Committing to regular physical activity will improve heart and overall health.
- Exercising and participating in sports with your family can be fun and will help you keep your commitment.

Assessment:

Students show proficiency by creating activity plans based on the interests of their family members, and then demonstrating (through their activity logs) that they are participating on a regular basis.

Extensions:

- Students can work to form a club related to a favorite activity, such as bowling, yoga, dance, etc.
- Have students post information or distribute flyers about how to create a plan to encourage other students at school to get more physical activity.
- Encourage whole school participation by inviting students and staff to create their own family activity plans.
- After several months, invite volunteers to share their success stories and accomplishments with the class (weight loss, increased energy/stamina, more strength, making new friends during participation in a sport, increased leadership after becoming team captain, etc).

Resources:

- American Heart Association (www.heart.org/)
- Centers for Disease Control and Prevention (<http://www.cdc.gov/>)
- Get Fit and Be Active! President's Challenge Handbook (<http://www.presidentschallenge.org/tools-resources/docs/getfit.pdf>)
- Be the Beat! (<http://bethebeat.heart.org/>)

Activity Log and Commitment Pledge

Activity	Date/ Time	Date/ Time	Date/ Time	Date/ Time	Date/ Time	Date/ Time
<i>riding a bike to school</i>	<i>12/2</i> <i>15 m</i>	<i>12/3</i> <i>15 m</i>				
<i>swimming at the Y</i>	<i>12/4</i> <i>45 m</i>	<i>12/8</i> <i>25 m</i>				

Activity Pledge

I, _____, commit to 60 minutes of physical activity each day, including the following activities:

Activity	Times/week	Minutes/session
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Signature _____

Date _____