

LESSON PLAN

The lesson plan is designed to complement the physical health modules of the SPHE/PSHE curriculum.

Introduction

Regular physical activity is essential for good health. Worryingly, most Irish children do not get enough exercise!

If young people are not physically active, they have an increased risk for a range of serious illnesses. Many of the most significant modern diseases take many years to develop. Heart disease doesn't happen overnight, it is the end result of a lifetime of bad habits. According to the World Health Organisation, physical activity can reduce your risk for the following diseases:

- type II diabetes
- heart disease
- stroke
- osteoporosis
- stress and depression
- weight control

Exercise 1: Brainstorming

Young people in Ireland are becoming less and less physically active. Many people only associate physical activity with standard team sports, usually field games. Physical activity can usually be divided into three categories. Organised team sports/activities, organised individual sports/activities and non standard physical activity.

Use these titles to create three boxes on the board and,

- Ask students to list as many types of activity as they can for each category
- Ask students to identify which of the activities are available in their area.

Exercise 2: Individual Work

Ask the students to fill in the answers on the "fill in the blanks" section of the students worksheet.

Exercise 3: Activity Diary

For this exercise you will need to divide the class into pairs. Each pair can fill in both of the case studies provided.

The students are asked to analyse both case studies and answer the questions that are posed.

Exercise 4: Group Discussion

Over 50% of young people are not regularly physically active. Ask students to suggest ideas to encourage young people their age to get more physical activity.

Many young people claim that lack of facilities and opportunities prevents them from being more active. However some researchers maintain that this is just an excuse for being inactive. Ask students to discuss this.

Exercise 5: Home Exercise

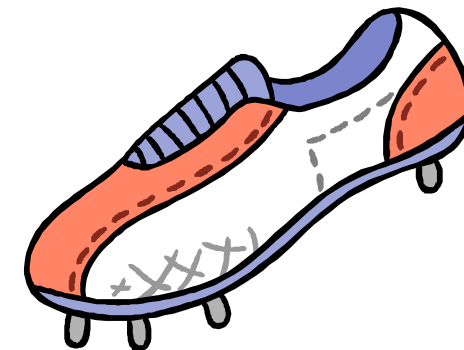
Ask students to keep track of their physical activity using a physical activity log*. Challenge them to be physically active on five or more days each week. Challenge students who live within a mile and a half of the school to walk to school more often. Encourage students to set up a range of after school activities in conjunction with the school.

* You may download an activity log sheet from the resources page on the RedBranch website

Contact Information

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TEACHER INFORMATION SHEET

Exercise 1: Brainstorming

Organised Team	Organised Individual	Non standard Activity
Hurling	Martial Arts	Gardening
Football	Swimming	Walking or cycling to school
Soccer	Cycling	Playing in schoolyard
Basketball	Walking	
Hockey	Running	
Tennis	Surfing	
	Sailing	
	Horse riding	

Exercise 2: Individual Work

Benefits of physical activity

1. You should be physically active for **60** minutes or more each day.
2. To get the maximum health benefits you should be physically active at least **5** days each week.
3. Certain types of physical activity may help strengthen **BONES** and reduce the risk of **OSTEOPOROSIS**
4. Regular physical activity can reduce the risk of **HEART** disease and certain types of **CANCER**
5. Aerobic exercise such as walking and running is will help increase the amount of **OXYGEN** your body can use.
6. Resistance exercise such as lifting weights helps to increase **MUSCLE** strength.
7. Eating or drinking calcium rich foodstuffs and getting regular physical activity can help strengthen **BONES**.

Sedentary activities

8. Sedentary activities such as **TELEVISION** viewing and playing **COMPUTER** games can reduce the amount of time available for more active pastimes.
9. On average young people your age spend **3** hours or more each day watching television.

Exercise 3: Case Studies

Case Study 1:

How much time should a person your age be physically active each day? **60 MINUTES**

How many days a week should you be physically active? **5 DAYS**

How many days a week was John physically active for an hour or more? **3 DAYS**

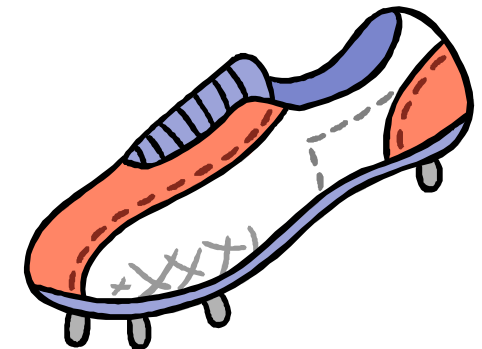
Does he get enough physical activity each week? **NO**

Can you suggest simple ways for john to get more physical activity?

1. **WALK TO AND FROM SCHOOL**
2. **PLAY GAMES AT LUNCHTIME IN YARD**
3. **PARTICIPATE IN MORE ACTIVE PURSUITS WITH HIS FRIENDS AT WEEKEND**

Exercise 4: Group Discussion

Sample as many different activities as possible. Encourage school to organise after school activities. Have active days out with your family. Walk or cycle to school.



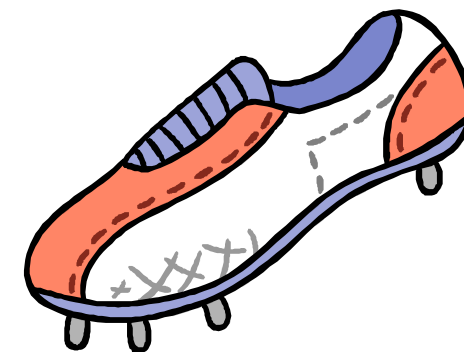
Fill in the blanks

Benefits of physical activity

1. You should be physically active for ___ minutes or more
2. To get the maximum health benefits you should be physically active at least ___ days each week.
3. Certain types of physical activity may help strengthen _____ and reduce the risk of _____.
4. Regular physical activity can reduce the risk of _____ disease and certain types of _____.
5. Aerobic exercise such as walking and running is will help increase the amount of _____ your body can use.
6. Resistance exercise such as lifting weights helps to increase _____ strength.
7. Eating or drinking calcium rich foodstuffs and getting regular physical activity can help strengthen _____.

Sedentary activities

8. Sedentary activities such as _____ viewing and playing _____ games can reduce the amount of time available for more active pastimes.
9. On average young people your age spend ___ hours or more each day watching television.



Case Study 1

Case Study

John is a 14 year old student at Colaiste Neagle.

Morning

He gets up each morning for school at 7:30am. He skips breakfast and watches half an hour of television before he goes to school. His next door neighbour drives him the half a mile to school each day.

Lunchtime

John sits with his friends for lunch each day and usually has a can of coke, a bar of chocolate and a hot chicken roll.

PE

John does 2 hours of PE every Wednesday

After School

John gets a lift home everyday except for Tuesdays when he has football practice for 90 minutes.

Weekends

John plays a match every Saturday which lasts 80 minutes. The rest of the weekend he usually spends at his friends house playing computers or watching DVD's

How much time should a person your age be physically active each day? _____

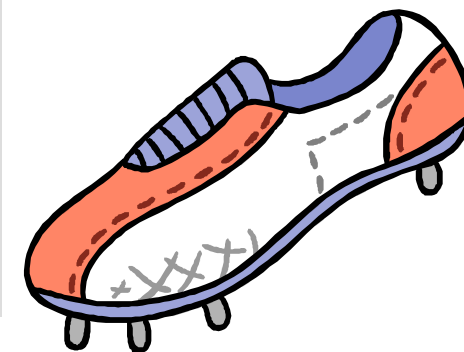
How many days a week should you be physically active? _____

How many days a week was John physically active for an hour or more? _____

Does he get enough physical activity each week? _____

Can you suggest simple ways for john to get more physical activity?

1. _____
2. _____
3. _____



STUDENT WORKSHEET 2



Case Study 2

Case Study

Name _____

Morning

Lunchtime

PE

After School

Weekends

How many days a week were physically active for an hour or more? _____

Do you get enough physical activity each week? _____

Can you suggest simple ways for your partner to get more physical activity?

1. _____
2. _____
3. _____
4. _____
5. _____

