

Get Energized!

Activity for Grades 5-6

Objectives:

By the end of this lesson, students should be able to:

- Identify where our bodies get energy and why we need it.
- Explain the difference between the things they do that are active (like riding a bike or walking), and those things that are less active (like playing a video game or watching TV).
- State why regular physical activity is important for everybody. Identify reasons why they might choose inactive things to do over more active things.

Ideas for Classroom Discussion:

- Discuss energy with the class. What is it? Where do we get it? What are some of the “bad guys” that take away our energy? (e.g., eating too much or too little food)
- Why is it important for our bodies to be energized and active every day? Why do we need to be active? Ask the class to name activities they enjoy.
- Discuss the kinds of things the students do that aren’t very active and don’t use much energy, such as using a computer, watching TV, or playing video games.
- Talk about food as fuel for the body, like gasoline is fuel for a car. Our bodies need top-quality fuel to run well. Ask students to name some foods that are “top-quality” fuel for their body engines.
- Discuss how eating food gives them energy, and being active “burns” energy. If people eat more than they burn, they gain more weight. If people eat less than they burn, they lose weight.

Take It Further:

- Use our Activity Pyramid (in your SWFD educational materials packet, or download a copy from our Web site at diabetes.org/schoolwalk) to open a discussion about the various types of physical activity and how often we should do them. Talk to the students about the active things they like to do and things they’d like to start doing.
- Ask the students to keep track of how much time they spend doing active things and inactive things every day. Are they surprised by the results?
- Make a class activity chart (like the fund-raising thermometers you often see), where the class can keep track of their collective hours of activity each day. See how many hours you can accumulate by the end of a week. Compare results with another class.

Additional Resources:

Visit the American Diabetes Association School Walk for Diabetes Web site at diabetes.org/schoolwalk to access additional tools and resources. In addition, visit the Shaping America’s Health Web site at obesityprevention.org for more information on weight management and obesity prevention. Shaping America’s Health is a nonprofit organization founded by the American Diabetes Association.

This lesson aligns with National Standards!

National Health Education Standards

Standard 1: Core Concepts – Students will be able to identify food as an energy source.

Standard 6: Goal Setting – Students will develop plans to increase physical activity. Students will track activity levels and create charts to document student activity hours.

National Standards for Physical Education

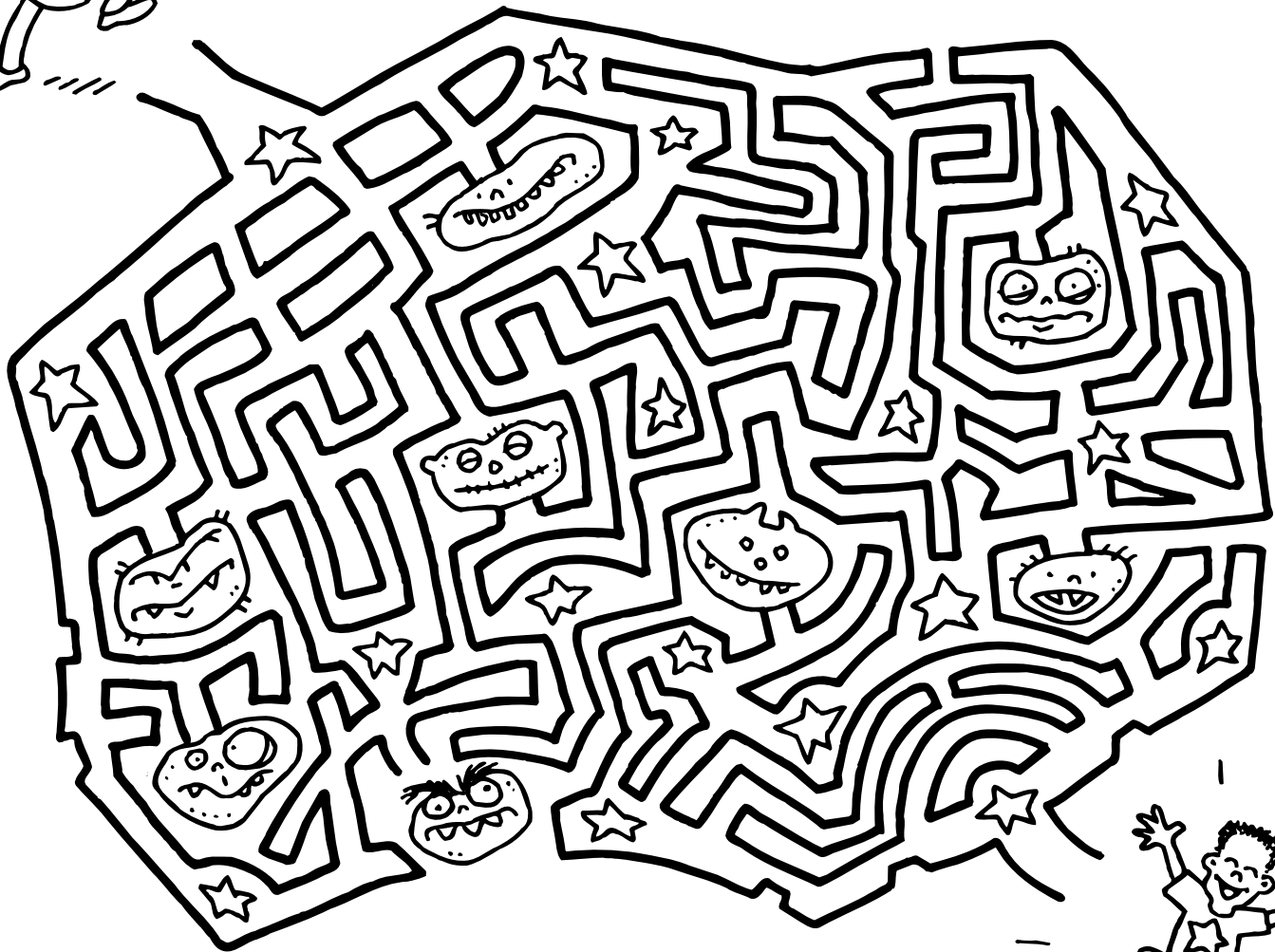
Standard 1: Students will perform a variety of physical activities.

Standard 4: Students will achieve and maintain a health-enhancing level of physical fitness.

Standard 6: Students will value physical activity for health.

Read more about the National Health Education Standards and National Standards for Physical Education in the Classroom Lessons tab of the School Walk for Diabetes Kit.

Get Energized!



Find your way through the maze and collect the energy points along the way. Be careful not to run into the "bad guys" that will take away your energy!

Largest Custard-Pie Fight
On April 11, 2000, 3,312 custard pies were thrown in three minutes by 20 people, at the Millennium Dome, London, UK.