

Activity Pyramid

Grades K-4

Objectives:

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

- Identify the various levels of the pyramid and name activities from each level that they enjoy.
- Recognize that in order to keep our bodies healthy, we should all do more activities from the bottom of the pyramid and fewer activities from the top.

Ideas for Classroom Discussion:

- Guide the class through each level of the activity pyramid. Talk about the activities at each level and ask students to think of other activities for each level. Ask students to name activities they enjoy from each level.
- Talk with the class about how being active every day is healthy for our bodies and gives us more energy. Talk about the pyramid shape, and how we should do more activities from the levels toward the bottom of the pyramid, and fewer from the top level.
- Ask students to name the activities that they did that day and then find their place in the activity pyramid.

Take It Further:

- Use old magazines and ask students to cut out pictures of people doing various activities. Then assemble the activities into an activity pyramid. Ask students to determine the level on the pyramid where each belongs. Based on where the activity is positioned in the pyramid, how often should we all try to do it (as little as possible, 2-3 times a week, most days, or every day)? What about the activities at the top of the pyramid? Should we NEVER do these? Reinforce that sometimes it is ok to do things like play video games or watch television. But it's better for our bodies if we do more of the types of activities that keep us moving.
- Create a "classroom" Olympics involving activities from each level. You could include activities as simple as jumping jacks, sit-ups, and walking around the classroom or playground. Or involve your school's physical education teacher and make a school-wide festival of fun!

- Have each student make an activity storybook. They can draw pictures of different activities that they did each day for a week. Then students can share the book with the class and talk about the types of activities they did and where they belong in the activity pyramid. Give the students stickers for choosing to do more activities from the bottom level of the pyramid.

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 different levels of physical activity.

Standard 7: Self Management – Students will be able to choose activities that enhance health.

National Standards for Physical Education

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.

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