

## Activity Word Find

Activity for Grades 5-6

### Objectives:

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

- Name three sports or activities that they enjoy.
- Name two ways they can be more active every day.
- Explain why exercise is important to keep bodies healthy and feeling good.

### Ideas for Classroom Discussion:

- Ask your students to describe why activity is an important part of a healthy lifestyle for everyone.
- What is a “healthy lifestyle?”
- Ask students to name activities that they enjoy. When do they do them? How often? With friends or family? Are there any activities that they would like to do more often?
- Discuss with the class the types of things they do that aren’t very active, such as using a computer, watching TV, or playing video games. Talk about things they can do to include more activity in their day.

### Take It Further:

- Ask students to write a report or essay about their favorite sport, game, or activity. What is it they like about it? How do they feel when they do it?
- Brainstorm with the class to come up with a list of activities. Try to include unusual ones, like juggling or riding a unicycle. Ask students if there is anything on the list that they’ve never tried but would like to. Consider holding a class or school-wide Olympic Day where students participate in various sports, games and activities. Encourage students to try new activities and to keep finding new ones they enjoy.
- Consider asking a juggler, hackey-sack expert, or a group games leader to come to your class for a demonstration.
- Take your class outside on a nice day for some group games. Check your school or local library for books on group games, trust-building activities, and fun exercises.

### Additional Resources:

Visit the American Diabetes Association School Walk for Diabetes Web site at [diabetes.org/schoolwalk](http://diabetes.org/schoolwalk) to access additional tools and resources. In addition, visit the Shaping America’s Health Web site at [obesityprevention.org](http://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 explain why physical activity is important for health.

*Standard 5: Goal Setting* – Students will set a goal to be more active.

#### 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.

# Activity WORD FIND

- BASEBALL
- BASKETBALL
- CLIMBING
- EXERCISE
- FITNESS
- FOOTBALL
- GOAL
- GOLF
- HOCKEY
- ICESKATES
- JUMPING
- RACE
- ROLLERBLADES
- RUNNING
- SCORE
- SKATEBOARD
- SKIS
- SNOWBOARD
- SOCCER
- SWIMMING
- TENNIS
- WALKING

G O N I I G T I K G O S W R G C B N E S N I B M W  
 G B S I N O O L N S I L C M I E B R R A L A S N L  
 R N D S E W L I K I I S A E S X E A O G B P S N Y  
 I S I N B E G A E A R B S O E E G A L E A B O O A  
 K O I N B H T N S L B I I S G R E E L L R B R R N  
 S J E E N E L O I S M E R N S C O G E W S R R I D  
 L O I T B U Y T W K C T E N N I S S R S S I S E I  
 L T K O L I R N E E L O M N C S L O B W E B M L O  
 K G A S D M L C E E B A N O A E L F L K M G X J L  
 E R L A C D S L S D B I W L I N O H A D I F W I G  
 D S G N O C I K A R I B B N T O I O D C N E L K I  
 O I N S A C L I M B I N G G T S N C E G L I G D M  
 T O I E S L A T T N T S R B G N G K S K W S K L S  
 K I B O B N C K E W O E A G E W L E E A E A O C I  
 E O G T W B I S E N N L K I A L K Y T R N L O C O  
 I R N S M S A O S D L A D S E B T I A O I R K N G  
 U N I B N N E S B O G A R R A G I E K C E T L D F  
 C N P G S S E R E S C N E G A B C A S N N L L L N  
 S H M T B N J K K B F C N S E O L J E F E B O N D  
 O F U P T S O E D I A I E S C C B M C O S G D E I  
 O W J I B R L L L L M L R R I L A W I S E A O N E  
 C W F E S U J B S M S L L L S B K R O N E D C S N  
 S A E T S R M N I E C O C P T K M G A N B S A R O  
 R D S C A X S W K L I L N S A C I K E S S W O I B  
 I F H A U B S A S I S A S S W F A E T S N G L T A

**Longest Bean**  
 A bean (commonly known as a "Yard Long Bean") grown by Harry Hurley, of North Carolina, USA, measured 1 m 30 cm (4.3 ft) on September 13, 1997, at the North Carolina State Farmers' Market.