

HeartSmart Teachable Moments

Keep Moving

Grades 4 – 6



Be Safe

- **Check with your doctor** if you have not been active for a while, or if you have special concerns like a heart condition or a physical disability.
- **Learn the proper way** to do each activity. Check with an experienced teacher or coach to find out how to avoid injuries.
- **Use approved safety equipment**, such as helmets, pads and good shoes.
- **Warm up and stretch** gently before and after vigorous activity.



Keep Moving - Active Living and Your Heart

Summary

Students will:

- Research Canada's Physical Activity Guidelines
- Discuss strength, flexibility and endurance activities and the amount of exertion they require
- Discuss recreational screen time and how to limit it and break-up periods of low activity

Objectives

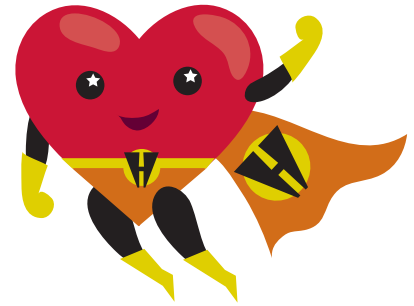
- Students will be able to describe physical activity recommendations and relate them to their own lives
- Students will be able to name the three types of physical activity and describe them

Key Words

physical activity, strength, flexibility, endurance, exercise, energy, strenuous, moderate, light

Preparation

- Review the current *Canada's Physical Activity Guidelines*



Main Steps

Choose activities from the following steps to customize your lesson to the needs of your class.

ACTIVE LIVING AND YOUR HEART

Begin the lesson by leading all students in five minutes of in-class physical activity. Have students monitor their physical and emotional reactions while doing the activities. Choose appropriate activities from the activity sheet "*HeartSmart Quickies to Break Up Screen Time.*"

Have students describe how they feel after the activities. If necessary, prompt students with questions such as the following:

- What is your physical condition? *E.g., Relaxed, warm, breathing heavily, heart beating harder, perspiring, etc.*
- What words would you use to describe how you are feeling? *E.g.: Happy, wide-awake, tired, etc.*

Review the activity sheet "*The Basics of Getting Active.*"

Ask the class to name the three types of physical activity and why each is important. Have the class give examples of each (note that most activities include some elements of each type). If necessary, prompt students with questions such as the following:

- What kind of activity do you need to be able to push or lift things? Why are those types of activity important? What are some examples? *Activities that build strength give you strong muscles to lift and push things. You need them to hold yourself upright, to grow strong bones, to do work, etc. Some examples are push-ups, lifting weights, carrying school books and groceries, climbing stairs, raking leaves, etc.*
- What kind of activity do you need so that you can run and play without getting tired? Why are those types of activity important? What are some examples? *Activities that build endurance help your heart, lungs and circulatory system stay healthy and give you stamina so you have energy to play. You need them to work and play without getting tired. Some examples are walking to school, running, cycling, skating, swimming laps, tennis, dancing, etc.*

Keep Moving - Ways to Keep Moving

- What kind of activity do you need so that you can move your arms and legs in every direction? Why are those types of activity important? What are some examples? *Activities that build flexibility help your muscles relax and let your joints move. You need them to reach, bend and stretch. Some examples are dancing, bowling, yoga, sweeping, vacuuming, gardening, stretching exercises, etc.*

WAYS TO KEEP MOVING

Challenge students to spend the next week as if the school required every student to get a minimum of 30 minutes of physical activity every day in school and 60 minutes total for the day.

- Have the class brainstorm ways to maintain their physical activity through the school year.
- Challenge the class to increase the daily average by ten minutes a day until students get 60 minutes a day.
- Have the class brainstorm activities that young people enjoy doing at school and outside of school hours.
- Have students predict whether they are strenuous, moderate or light activities and list them in groups on the board.
- Ask the class how they would test whether the activities are strenuous, moderate or light. Discuss how the physical activity keeps your heart healthy and if it is beating fast your heart is working hard.
- Which activities did students most enjoy doing? Create a list on the board or chart paper.

Conclude the discussion by exploring screen time and distributing the activity sheet “*Screen Time Challenge*.” Ask students what types of devices count as screen time (e.g. television, social media, smartphones, etc.). Discuss recreational screen time and that it should be less than two hours per day. Invite students to take home the activity and participate in the pledge to decrease recreational screen time.

Wrap-up/Assessment

Discuss with the class physical activities that students could do to have a more active lifestyle.

Students should be able to state that:

- Health Canada recommends that young people increase their physical activity up to 60 minutes per day.
- Regular physical activity has benefits for your heart health.
- Decreasing screen time and breaking up periods of low activity is good for heart health.

Extensions and Integration

- Arrange a class field trip to do an activity that is new for most students. (e.g.: snowshoeing, canoeing, wall climbing, horse riding, etc.)
- Have students predict what type of activity it will be and how strenuous it will be, then see whether their predictions are accurate.
- Ask students to research the effects of screen time on health. (e.g.: how it affects sleep, attention, etc.)
- Have students research how to use objects in school or at home to be active, build them and use them safely. (e.g.: stairs, obstacle courses with rope, etc.)
- Invite students and families to brainstorm ways of actively commuting to school and around the community. (i.e. cycling, walking, rollerblading, etc). Also ask for suggestions on how students, together with their family, can get a total of 60 minutes of physical activity a day.

The Basics of Getting Active

The Olympics show that the best athletes from around the world strive to out-ski, out-skate, and out-play each other.

Only a few of us will ever play at the Olympic level—but the rest can choose to have fun and be healthy by being active every day. The more you play, the stronger your heart. And the stronger your heart, the more you can play.

You don't need to train like an Olympic athlete. Canada's Physical Activity Guidelines for Youth gives easy guidelines that anyone can follow:

- ★ **Increase** your physical activity to at least 60 minutes a day, including both moderate and vigorous activity. (This includes time you spend doing things like active games or walking to school.)
- ★ **Reduce** your physical inactivity time (time you spend doing inactive things like watching TV or playing video games). Screen time should be limited to 2 hours.
- ★ Do these **three main types** of activities at least 3 times each week:
 - **Strength** activities, like lifting and pulling, to build your muscles and bones.
 - **Endurance** activities, like running, cycling, or skipping rope, to keep your heart and lungs strong and healthy.
 - **Flexibility** activities, like stretches and twists, to keep your joints moving.



Moderate or Vigorous?

Vigorous activities give you the **most benefit**. They:

- ★ Make your pulse beat faster
- ★ Make you breathe faster
- ★ Make you feel warmer
- ★ Make your muscles feel tired.

You can't do vigorous activities all the time. Combine them with moderate activities for a healthy active life.



What activities are best?

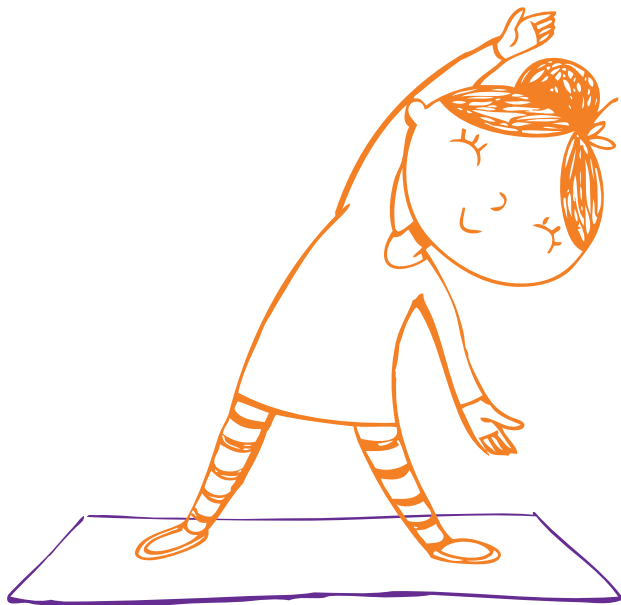
They all are! You can play active games with friends, compete in sports with a team or just enjoy active living by yourself. You can also actively travel by walking, cycling, rolling, or cross-country skiing for transportation. Just remember to:

- ★ First of all, play all things that are FUN!
- ★ Do activities that make you feel warmer and breathe harder
- ★ Try activities that use many different groups of muscles, like arms, legs, back, and stomach.
- ★ Play for at least 10 minutes at a time without stopping.

Take It Easy!

You can't be active all the time. It's also important to:

- ★ Get plenty of rest to relax your mind and body.
- ★ Warm up to physical activity by walking or stretching to prevent injury and get your muscles ready.
- ★ Cool down after your active play with a slow stretch or walk.



So remember, active living also means:
Warm up, cool down, and rest!

Lots of activities are fun.
Which ones have you tried?

Circle them!

Ice hockey
Cross-country skiing
Soccer
Field hockey
Ice skating
Skateboarding
Canoeing
Football
Snowboarding
Basketball
Volleyball
Hopscotch
Floor hockey
Bike Riding
Roller blading
Dancing
Kayaking
Gymnastics
Rope jumping
Swimming
Running
Tennis
Ringette
Walking a dog
Rowing
Hiking
Martial arts
Walking or cycling places

What else?



HeartSmart™ Quickies to Break Up Screen Time



Try all of these simple activities that you can do while studying, on the couch, or just need a stretch. Remember to interrupt screen time at least every 20 minutes and have fun!

reach for the sky

While seated with feet on the floor and hands in your lap, lift one arm out to the side and reach up as far as you can comfortably. Slowly lower the arm and repeat with the other arm.
Repeat 5 times.

the shrug

While seated with feet on the floor and hands hanging loose, bring the shoulders forward, then up toward the ears, then backward. Finish by returning to the starting position.
Repeat 5 times.

think about how you feel after:
relaxed, warm,
breathing heavily,
sweating, etc.

the twist

While seated with feet on the floor and arms hanging loose, place the right hand on the left leg. Turns the torso to the left and look over the left shoulder. Return to centre position and repeat in the opposite direction.
Repeat 5 times.

run on the spot

Get up and run on the spot for 1 minute.

are you more
wide awake,
energized
or tired?

jumping jacks

Stand with feet together and hands hanging loose. Jump and land with feet apart. While jumping, swing arms above the head, and then lower them to the loose position.
Repeat 10 times.

toe touch

Stand with feet slightly apart and hands hanging loose. Slowly reach down and touch fingertips to toes, bending the legs if necessary. Return to standing position.
Repeat 5 times.