**Class: ELL 2A Teacher: James Figueiredo**

**Theme: Physical Activity Date: October 03, 1016**

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| Session Agenda | |
| Time | **Activity** |
| 6:00-6:15 | Activating Prior Knowledge/Build Background Knowledge |
| 6:15-6:45 | Vocabulary & Purpose |
| 6:45-7:15 | Benefits and Types of Physical Activity |
| 7:15-7:30 | Calculating Your BMI |
| 7:30-7:45 | Break How much Physical Activity? |
| 7:45-8:15 | How much Physical Activity? Stretching Activity |
| 8:15-8:25 | Stretching Activity Sleep & Stress |
| 8:25-8:50 | Sleep & Stress |
| 7:50-8:00 | Wrap-up & Review |
| Physical Activity Objectives | |
| Students should be able to:   * Name the benefits of physical activity * Understand ways to be more physically active * Know the benefits of sleep and effects of sleep deprivation * Find strategies to help them:   + Increase their physical activity   + Relieve stress | |

**ELL Frameworks Strands & Standards**

**L1.3b** Listen and understand phrases, statements and questions when spoken slowly and clearly

**R1.b** Understand factual information from reading

**S1.3a** Produce simple statements, providing more detail without necessarily more complexity

**R1.4** Read and understand simplified or adapted multi-paragraph text on familiar topic

**R3.4b** Use context clues to derive meaning of words with multiple meanings

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| Activating Prior Knowledge/Build Background Knowledge | |
| Overview | Students will discuss what they already know about physical activity and the instructor will provide relatable reasons about why it is important |
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| Preparation | N/A |
| Supporting Resources | N/A |
| Activity Details | What does it mean to be physically active? What are some ways to be physically active? *Write student answers on the board.*  Turn and Talk: talk to your partner about one reason being active is important *students talk for 30 seconds* ask students for 3 reasons. Explain that being active is an important part of being a healthy person.  Presenter will emphasize benefits of being physically active are similar to the benefits of good nutrition:   * It helps you work better at your job; keeps you strong and gives you more energy * It helps you think more clearly, which we know is important in learning * It is extremely important for children to be physically active to grow big and strong * Saves you money on medical costs. Many ESL students send money back home, so taking care of your health will help take care of theirs. |
| Vocabulary | N/A |

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| Vocabulary and Purpose | |
| Overview | Instructor will introduce vocab words and create a word wall. |
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| Preparation | N/A |
| Supporting Resources | Word Wall |
| Activity Details | Instructor will go through each vocab word. Words will be written on a word wall as necessary. |
| Vocabulary | **Flexible** – easy to move or bend |
| **Stretch** – a way of making your muscles more flexible. This helps prevent injuries during exercise.  *Presenter may want to bring a rubber band, or use a hair elastic if a student has one, to demonstrate* |
| **Physically Active** – getting plenty of movement and exercise  **Physical Activity** – exercise  Ex/Non-Ex: Going for a walk every day is physically active. Only walking from the TV to the fridge is not physically active.  Question: Is doing a puzzle physically active?  No. Puzzles exercise the mind but not the body. |

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| Purpose of Lesson |
| So we know physical activity is important to keeping our bodies healthy. We will learn about ways to keep our bodies happy and healthy. When we are finished you should understand:   * Benefits of physical activity * Types and ways to be physically active * Benefits of sleep * Effects of stress and ways to relieve it |

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| Benefits and Types of Physical Activity | |
| Overview | Students will learn why it is important to be physically active and the different benefits physical activity has to offer. |
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| Preparation | N/A |
| Supporting Resources | N/A |
| Activity Details | What are some benefits of being physically active? *Allow students to give 3-5 examples. Be sure to emphasize:*   * Lowers the risk for many diseases like stroke, diabetes, heart disease which are topics we will cover in this course * Lowers your blood pressure and cholesterol * Helps to lower stress levels * Helps to lose or maintain weight   Is going to the gym the only way to be physically active? No! What are some other ways to stay active? *Allow students to talk for 1 minute*. Many of our jobs keep us moving and physically active without having to go and exercise. Who here has a job that is active? *Ask around the room*. Who has a job that is not physically active? *Ask around the room again.*  If you don’t have a job that keeps you moving, what are some things you can do to get more physical activity into your days? *Allow students to respond for 30 seconds. Write answers on the board. Be sure to include walking, stretching and household chores like gardening or cleaning.* |
| Vocabulary | N/A |

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| Calculating Your BMI | |
| Overview | Students will learn what BMI is and how to calculate it. |
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| Preparation | N/A |
| Supporting Resources | BMI Chart |
| Activity Details | *Pass out handouts.* One way of understanding the health of your body is using **Body Mass Index** or **BMI**. BMI is a measurement of a person’s weight in relation to their height. It is used to determine if an individual is a healthy weight, overweight, or obese for their height. A BMI of:   * **19-24.9** is considered a **healthy weight** * **25-30** is considered **overweight** * **30 and above** is considered **obese**   Look at this chart to figure out your BMI. Would anyone like to share what their BMI is and if they agree with what it means?  There are some limitations to BMI and it should not be used as the only measure of health. For example, muscle weighs more than fat and it is possible for someone who is very muscular to be the same height and weigh the same as someone who is overweight. However, BMI, along with other measures, is a good guide to health in most situations. |
| Vocabulary | * **BMI** – a measurement of health that compares weight to height |

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| How much Physical Activity? | |
| Overview | Students will learn about how much physical activity they should be getting and ways to become more active. |
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| Preparation | N/A |
| Supporting Resources | N/A |
| Activity Details | So we know why staying active is important, but how much physical activity is enough? Adults should get a total of at least **30 minutes** each day and kids should get at least **1 hour** every day. Remember that this is a total, so if you have an active job, you can easily do this and more each day. How many of you have jobs that are physically active? *Example: cashier is not active, stocking shelves is active.* Active jobs may provide the daily activity needed. Inactive jobs may need to add more activity to the day.  Some free ways to become more active are:   * Walk or bike to work, school, the store, or your place of worship * Get on or off the bus one or two stops early and walk home or to work * Dance to your favorite music * Take the stairs |
| Vocabulary | N/A |

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| Stretching Activity (7:05-7:10) | |
| Overview | Students will learn some stretches they can do and will practice a few in class. |
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| Preparation | N/A |
| Supporting Resources | Stretches You Can Do at Home handout |
| Activity Details | Now that we know the benefits of physical activity, let’s get active!  Stretching is what is considered a **light-** or **low-intensity exercise**. This means that stretching is an exercise that requires less effort and more time spent to burn the same amount of calories as moderate- or high-intensity exercises such as swimming or running.  *Pass out stretching handout and pick 3 stretches for the class to do together.* |
| Vocabulary | **Light- or low-intensity exercise** – require less effort and more time spent to burn the same amount of calories as moderate- or high-intensity exercises. |

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| Sleep & Stress (7:10-7:30) | |
| Overview | Students will learn about the importance of sleep and the effects of stress on the body. |
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| Preparation | N/A |
| Supporting Resources | N/A |
| Activity Details | Now that we know how important it is to keep our bodies moving, we are going to learn about how it is also important to make sure we are getting enough sleep. How many of you get 8 hours of sleep? Does anyone know how much sleep adults need?  Adults need about 7-9 hours of sleep per night. Children need more than that and depending on their age can need as much as 14-17 hours (newborns) to 8-10 hours(teenagers) of sleep per night. So if your kids go to bed at 11pm and wake up for school at 6am, they are not getting enough sleep. This can affect their learning and their health.  Does anyone know the benefits we get from sleep? Or what happens when we don’t get enough sleep? *Allow students to talk for 30 seconds and write some answers up on the board.* Scientists aren’t exactly sure why we need to sleep, but they have found many benefits of sleep including:   * Helps memory * Helps learning * Keeps our immune system strong so we don’t get sick as easily * Better mood and fights depression * Better weight control (aids in weight loss)   Not getting enough sleep can cause:   * Increased risk of heart attack, diabetes, obesity, and high blood pressure * Bad moods * Inability to concentrate * Fatigue, or tiredness, lack of energy * Poor job/school performance * Increased stress * In older adults: increased risk for trips and falls, and accidents (car, work, machinery)   But chronic stress, or too much stress over a long period time, can be very bad for our bodies. It increases the risk of:   * Depression * Digestive problems * Heart disease * Sleep problems * Weight gain * Problems with memory and concentration   Everyone handles stress differently, but it is important for you to know what kinds of things you do to relax. It might be different for every person. What are some things you do to relax and de-stress? Some strategies to relieve stress are mediation and/or prayer, yoga, exercise, adult coloring (which is said to have effects similar to those of mediation), and breathing exercises. |
| Vocabulary | N/A |

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| Wrap-up ,Review , and Reflection | |
| Overview | Review and feedback on the lesson |
| Time | 10 minutes |
| Preparation | N/A |
| Supporting Resources | N/A |
| Activity Details | What did we learn?   * Benefits of physical activity * Types and ways to be physically active * Benefits of sleep * Effects of stress and ways to relieve it   What other questions do you have?  Feedback: Was this useful? What can we do to make this better? |
| Reflection | Ask and answer at least five questions, as a class, about what we covered today (exit ticket). |