



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

The following activities will help your students understand the importance of fitness and how they can take simple steps toward becoming more physically fit.

## Related KidsHealth Links

### Articles for Teens:

#### Why Exercise Is Wise

[TeensHealth.org/en/teens/exercise-wise.html](http://TeensHealth.org/en/teens/exercise-wise.html)

#### Sports and Exercise Safety

[TeensHealth.org/en/teens/sport-safety.html](http://TeensHealth.org/en/teens/sport-safety.html)

#### Strength Training

[TeensHealth.org/en/teens/strength-training.html](http://TeensHealth.org/en/teens/strength-training.html)

#### Stretching

[TeensHealth.org/en/teens/stretching.html](http://TeensHealth.org/en/teens/stretching.html)

#### Motivation and the Power of Not Giving Up

[TeensHealth.org/en/teens/motivation.html](http://TeensHealth.org/en/teens/motivation.html)

#### Exercise Log

[TeensHealth.org/en/teens/exercise-log.html](http://TeensHealth.org/en/teens/exercise-log.html)

#### 5 Reasons for Girls to Play Sports

[TeensHealth.org/en/teens/girls-sports.html](http://TeensHealth.org/en/teens/girls-sports.html)

#### Easy Exercises for Teens

[TeensHealth.org/en/teens/easy-exercises.html](http://TeensHealth.org/en/teens/easy-exercises.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Why is exercise important? How does it benefit both the body and mind?
2. Why is it sometimes difficult for people to stay fit? Make a list of 10 simple things people can do to maintain fitness.



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Get Off the Couch

#### Objectives:

Students will:

- Understand what fitness is
- Discover the role exercise has in staying fit
- Identify ways to exercise

#### Materials:

- Computer with Internet access
- “Get Off the Couch” handout

#### Class Time:

2 hours

#### Activity:

Exercise has many benefits – it can make you feel good, look good, and even ward off some diseases. It’s recommended that teens exercise at least 60 minutes a day – but if you don’t like sports (or you just aren’t very active) this can seem like a daunting task. That’s why you’re creating a new fitness program, Get Off the Couch. This program is geared toward teens, especially those who have trouble pulling themselves away from the TV, video games, phone, or computer to exercise.

Check out the articles at [TeensHealth](#) to determine why exercise is important and what types of exercise are beneficial. Next, write a 5-day program for reluctant teens that includes simple and fun activities to help them become more fit. While developing your program, consider the types of activities and exercise, the tasks that will fit these categories, and how you can break down the 60 minutes so it isn’t overwhelming.

#### Extensions:

1. Write a leaflet to be included in the beginning of your program that offers students tips for getting started and how to stick with the plan after they start.
2. Create a poster reminding your friends and classmates of simple ways they can get off the couch each day.
3. Next time you watch your favorite TV show, think about messages it’s sending about fitness. Examine the activities the characters participate in during their leisure time, how they eat, and their attitudes about fitness. How might this influence teens who watch the show?



## A Moving Message

### Objectives:

Students will:

- Create a campaign to encourage teens to stay fit

### Materials:

- Computer with Internet access
- Art supplies, graphic arts software or video

### Class Time:

1½ hours

### Activity:

Now that you have a plan for getting students off the couch, it's time to create a campaign that spreads encouraging words about why fitness is important. Read the TeensHealth article about how people stay motivated. Next, think about how you're going to get your message out. What do you think teens will pay attention to? Posters in the hallways or the cafeteria? Text messages? A podcast? An infographic on social media? A music video? A paper-slide video? Using whichever medium and technique you think might be most effective, create an eye-catching message – individually or in small groups – to inspire teens to get moving!

### Extension:

1. Revise your moving message for teens so it appeals to another audience: parents or guardians, so they can get moving with their teens, helping reinforce fitness at home. Have students check out this article first: “Help Your Parents Get Healthy” ([TeensHealth.org/en/teens/healthier-parents.html](http://TeensHealth.org/en/teens/healthier-parents.html)).

## Reproducible Materials

### Handout: Get Off the Couch

[KidsHealth.org/classroom/9to12/personal/fitness/fitness\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/fitness/fitness_handout1.pdf)

### Quiz

[KidsHealth.org/classroom/9to12/personal/fitness/fitness\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/personal/fitness/fitness_quiz.pdf)

### Quiz: Answer Key

[KidsHealth.org/classroom/9to12/personal/fitness/fitness\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/personal/fitness/fitness_quiz_answers.pdf)

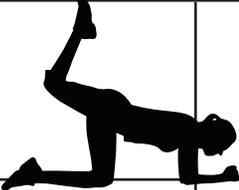


Name:

Date:

## Get Off the Couch

Instructions: Track your daily physical activities. You don't have to do one activity for an hour straight, but your daily activities should add up to at least 60 minutes.

5-Day Program	60-minute daily exercise log (activity, length of time)
<p>Day 1</p> 	
<p>Day 2</p> 	
<p>Day 3</p> 	
<p>Day 4</p> 	
<p>Day 5</p> 	



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

- When you exercise, your body produces this chemical, which can make you feel happier and more peaceful:
  - relaxase
  - smilene
  - endorphins
- True or false: People who exercise burn more calories and look more toned than those who don't.
- How much exercise do experts recommend for teens?
  - 6 minutes each day
  - 6 minutes each hour
  - 60 minutes each week
  - 60 minutes each day
- Name one activity that can help keep you flexible: \_\_\_\_\_  
\_\_\_\_\_
- True or false: Exercising to maintain a healthy weight decreases a person's risk of developing type 2 diabetes and high blood pressure.
- Draw lines to match the type of exercise with an example:

Strength training	Yoga
Flexibility training	Swimming
Aerobic exercise	Pushups
- Underline the wrong answer.  
Warming up before playing sports or being physically active:
  - increases your heart and respiratory rate
  - is a bad idea in hot weather
  - boosts the amount of nutrients and oxygen delivered to your muscles
  - prepares the body for a demanding workout
- True or false: You have to lift weights to build strong muscles.
- The three components to a well-balanced exercise routine are:
  - Running, swimming, jumping
  - Pushups, pull-ups, sit-ups
  - Aerobic exercise, strength training, flexibility training
  - Warming up, exercising, cooling down
- Underline the activities that count as exercise:

a. Playing soccer	e. Riding a bike	i. Chewing gum
b. Walking a dog	f. Playing video football	j. Gardening
c. Texting a friend	g. Raking leaves	k. Shooting hoops
d. Dancing	h. Yoga	l. Clicking a remote control



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz Answers

- When you exercise, your body produces this chemical, which can make you feel happier and more peaceful:
  - relaxase
  - smilene
  - endorphins
- True or false: People who exercise burn more calories and look more toned than those who don't.
- How much exercise do experts recommend for teens?
  - 6 minutes each day
  - 6 minutes each hour
  - 60 minutes each week
  - 60 minutes each day
- Name one activity that can help keep you flexible: Any one of the following: dance, martial arts, gymnastics, pilates, yoga, stretching.
- True or false: Exercising to maintain a healthy weight decreases a person's risk of developing type 2 diabetes and high blood pressure.
- Draw lines to match the type of exercise with an example:
 

Strength training	<del>_____</del>	Yoga
Flexibility training	<del>_____</del>	Swimming
Aerobic exercise	<del>_____</del>	Pushups
- Underline the wrong answer.  
Warming up before playing sports or being physically active:
  - increases your heart and respiratory rate
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a. <u>Playing soccer</u>	e. <u>Riding a bike</u>	i. Chewing gum
b. <u>Walking a dog</u>	f. Playing video football	<u>j. Gardening</u>
c. Texting a friend	<u>g. Raking leaves</u>	<u>k. Shooting hoops</u>
<u>d. Dancing</u>	<u>h. Yoga</u>	l. Clicking a remote control