

STATION 8: Walking and Rolling for your Health

Recommended Age Group: Kindergarten - Grade 8

Mode: ALL

Learning Objective

Participants will learn about the physical, social, and mental health benefits of physical activity.

- Physical activity will not only make your body healthy, but it will also make your mind healthy too by increased focus and arriving awake.
- Cycling is a fun activity you can do with your friends outdoors.
- Move often - The more you move your body, the greater the health benefits!

Planning for this Station

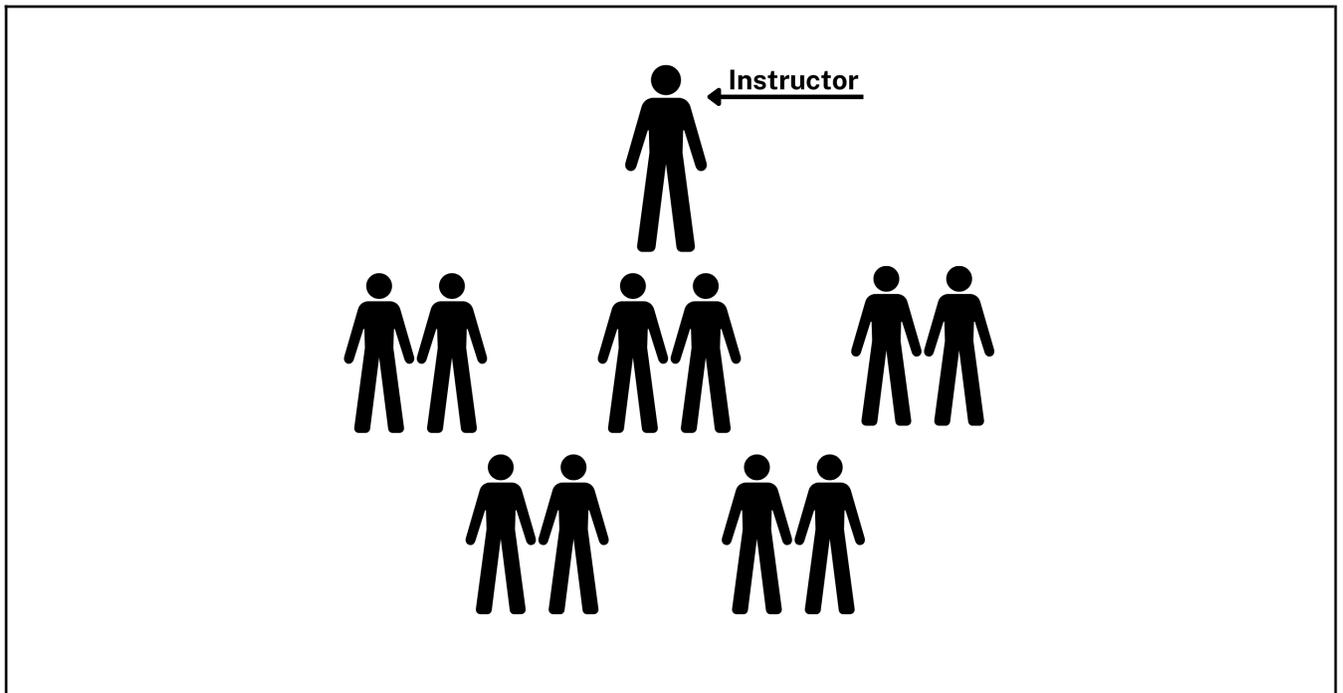
Time: 20 minutes

Recommended # of students per group: 10

Equipment: Pens, paper, watches

Number of Leaders required: 1

Set Up



Instructions

1. Have students break into pairs.
2. Help participants find their pulse on their left wrist just below their thumb.
 - Have them sit quietly for two minutes to ensure their pulse is at rest. While one participant counts their pulse, have their partner count 15 seconds on a watch. Multiply by four to get beats per minute (BPM). Have the timer record BPM, then swap roles.
3. Next, have one student do jumping jacks for 1 minute while the other student sits quietly pretending to travel by car. Have students repeat the measurements immediately after the minute is up.
4. Compare measurements. Do they differ? What does a higher BPM mean? Ask students: How did you feel after cycling? Driving? Which was more fun?

Final Discussion Points

1. Why is physical activity important?
 - Good for my body, good for my mind, increased attention, less stress, prevents disease, keeps me healthy, makes me happy etc.
2. What else did you enjoy about the activity? How did it make you feel?
 - Try to lead with discussion towards the key messages (Did you feel more alert? Could you try this with your friends? Did you enjoy it?).

Source: MTO - Young Cyclists Guide, 2010