

Move More 6th grade lesson guide



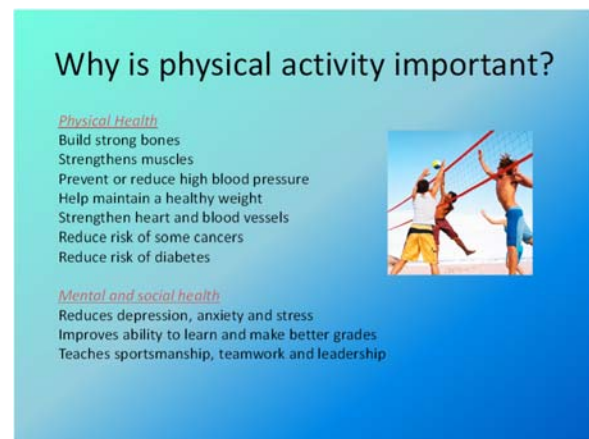
Last month we looked at food portion sizes and saw how many extra calories that we are eating today verses twenty years ago. This is one reason for the health care problem that America has today. We are eating more and moving less. The end result is a heavier, unhealthy population. Today we are talking about the importance of movement to our health.



It is recommended that children and youth participate in at least 60 minutes of moderate intense physical activity most days of the week.

Each day you should try to get at least 60 minutes of moderately intense activity.

We may not be able to get all of the activity in at one time. However, we may be able to take 6 short 10 minute walks.



Ask the class why physical activity is important, after giving them time to come up with some answers go over the benefits listed in the slide. Your class may come up with others and that is okay.

Ask with a show of hands how many of them think they get enough physical activity? Then read the following statement.

Of the average 75 years on earth, Americans spend 24 years sleeping, 13 years watching TV and 1 year



Ask the class what physical activity is, after they have a chance to answer go over the answer. Physical activity is simply movement of the body that uses energy.

It can be active play, working in a physically demanding job or exercising.

Go over examples, stress that physical activity should be moderate vigorous intensity. Meaning you should have to breath harder and your heart beats faster.

Moderate physical activity

- Walking briskly (about 3.5 miles per hour)
- Bicycling (less than 10 miles per hour)
- General gardening (raking, trimming shrubs)
- Golf (walking and carrying clubs)
- Canoeing
- Tennis (doubles)



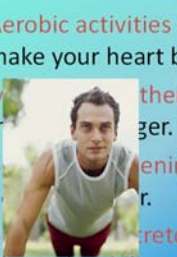
Vigorous physical activity

- Running/jogging (5 miles per hour)
- Swimming (freestyle laps)
- Basketball (game)
- Tennis (singles)
- Heavy yard work (chopping wood, pushing a lawn mower)



4 types of physical activity

1. **Aerobic activities** require you to breathe harder and make your heart beat faster.
2. **Muscle-strengthening activities** include push-ups, and lifting weights.
3. **Bone-strengthening activities** produce a weight or stress on the bones that promote bone growth and strength.
4. **Balance and stretching activities** reduce the risk of injuries and falls.



Any movement is better than no movement, but for the best health benefits, physical activity should be moderate or vigorous in intensity.

Moderate physical activity includes the following.

The main difference between moderate and vigorous activity is the intensity of the activity or how hard you are working. Shooting hoops would be only moderate activity where playing a competitive game would be vigorous.

You can choose moderate or vigorous intensity activities, or a mix of both each week. With vigorous activities you get similar health benefits in half the time it takes you with moderate ones.

Light intensity activities do not increase your heart rate, so you should not count these toward meeting the physical activity recommendations.

Aerobic activities can be vigorous or moderate. Moderate activities, you can talk while you do them but you can't sing. For vigorous activities, you can only say a few words without stopping to catch your breath.

Muscle-strengthening activities include push-ups, and lifting weights. Youth should not lift heavy weight because bones and muscles are still growing. Many exercises can be done where your body is the weight.

Bone-strengthening activities produce a weight or stress on the bones that promote bone growth and strength.

Balance and stretching activities these activities reduce the risk of injuries and falls.

Ask students which type of activity is represented by the pictures, point out that some of the things that we do can include more than one type of physical activity.

Walking for 30 minutes*

Moderate walking at a rate of 3.5 miles per hour uses: **140 calories**

Vigorous walking at a rate of 4.5 miles per hour uses: **230 calories**

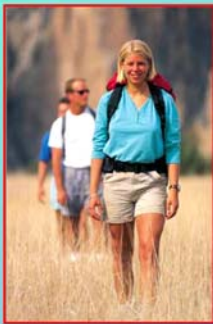


*approximate calories used

As you go through the next few slides have the students do the math to figure out the number of calories they will burn if they do the following activities for 60 minutes.

Moderate Walking	30 minutes burns 140calories
	60 minutes burns 280 calories
Vigorous Walking	30 minutes burns 230 calories
	60 minutes burns 460 calories

Hiking for 30 minutes*



Uses: **185 calories**

*approximate calories used

Hiking	30 minutes burns 185 calories
	60 minutes burns 370 calories

Bicycling for 30 minutes*

- Moderate, less than 10 mph uses: **145 calories**
- Vigorous, more than 10 mph uses: **295 calories**



*approximate calories used

Bicycling

Moderate	30 minutes burns 145 calories
	60 minutes burns 290 calories
Vigorous	30 minutes burns 295 calories
	60 minutes burns 590 calories

Basketball for 30 minutes*



Vigorous competitive basketball uses: **220 calories**

*approximate calories used

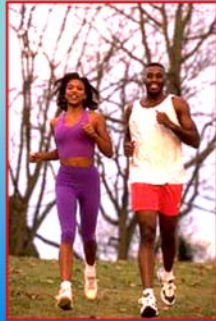
Basketball

Vigorous	30 minutes burns 220 calories
	60 minutes burns 440 calories

Continuous play, you don't burn many calories when you sit on the bench.

Jogging for 30 minutes*

A rate of 5 mph
uses: 295 calories



*approximate calories used

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Jogging 30 minutes burns 295 calories
60 minutes burns 590 calories

Dancing for 30 minutes*

Uses: 165 calories



*approximate calories used

15

Dancing 30 minutes burns 165 calories
60 minutes burns 330 calories

Swimming for 30 minutes*

Slow freestyle
uses: 255 calories



*approximate calories used

16

Swimming 30 minutes burns 255 calories
60 minutes burns 510 calories

Aerobics for 30 minutes*

Uses: 240 calories



*approximate calories used

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Aerobics 30 minutes burns 240 calories
60 minutes burns 480 calories

Walking up stairs burns almost 5 times more calories than riding an elevator!



<http://www.cdc.gov/nccd/dnpq/fitness/fitness.htm>

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Choose to add steps to your day. Take the steps instead of riding up or down the elevator or escalator. Get your parents to park and walk at the grocery store or mall.

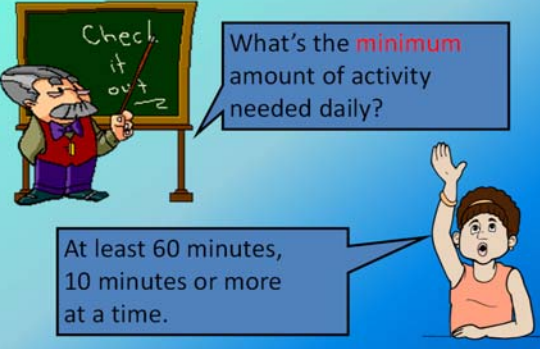
Walk the dog — don't just watch the dog walk.



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Walk and play with your pets; this not only helps you to be healthier, but is also good for your pets.

Quick Quiz



Check it out!

What's the **minimum** amount of activity needed daily?

At least 60 minutes, 10 minutes or more at a time.

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Remember 60 minutes is the minimum amount of exercise recommended for youth. Experts believe that 120 minutes of active play each day is what's best for overall good health.

Most important ...



Have fun while being active!

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60 or 120 minutes is a long time to be doing something that you dislike. Remember that you don't have to "exercise," you just have to keep moving.

Find things that you really enjoy and move. You are much more likely to move if you are having fun.

Give yourself a hand if you're physically active at least 60 minutes a day?



Demonstration Know-How

One of the most interesting contests that we do in 4-H is the...

Demonstration Contest!

Many folks don't know exactly how to do a demonstration and that is what we are going to talk about today.

A demonstration is simply showing someone how to do something while you are explaining how you are doing each step.

The key words are: show what you are doing and say how you are doing it.

This slide starts talking about the demonstration contest that we have in February.

The number of demonstrations you have will depend, for a large part, on how excited you get the class in telling them about it!

Please go through these four slides carefully. Most of your students do not know what a true demonstration is.



Demonstration Know-How

Now, in order to do a good demonstration, we need to do a few things before the day of the contest.

- Select a Topic: We have to decide what we are going to do a demo about. It could be showing the class how to make a craft, how to knit, how to cinch a saddle or how to make a PB&J sandwich. Anything that you can show the class how to do.
(NO LIVE ANIMALS!)

Research your Topic: Be sure your information is correct. Just because its on the internet doesn't mean that it is correct.

Keep It Simple: You have 5 minutes. Just tell us what you are showing us. Don't give us lots of extra info. Keep it short and to the point. If you are making something that takes a long time, bring a finished project to show class.

When selecting a topic, they should choose something that can be done in class. Something that is small enough that they can bring supplies and that they can demo in a short amount of time.

Give examples of things that you have seen demonstrated.

Demonstration Know-How

Make an Outline: This is kind of like a speech. Your demo can be divided into three parts.
1. Introduction – brief and catchy
2. Body – clear and informative
3. Summary – brief, repeat main points

Prepare Visual Aids – Only if needed. Many demonstrations are their own visual aids. That means the class sees what you are doing as you do it. Sometimes you may need a poster show something that class can't see. Sometimes you may need a finished product to show.

REMEMBER – The poster is to help you show and tell. Explaining what you have drawn on a poster or reading a report on the poster does not count as a demonstration!

Making an outline helps them plan their demonstration like having an outline helps you write a speech or a paper. It also helps you present the demo if you follow the outline.

Visuals aids are just that. Visuals that assist you in showing and telling how you make something or how something works. Giving a speech while pointing to a poster is not a demonstration.



Demonstration Know-How

Now that you have your demo planned, you have prepare. Here are some tips.

- Make a list of everything that you will need. Organize your list of items in the order that you will use them.
- Pre-measure your ingredients if you are doing a food demonstration.
- Make plans to keep your demo area clean.
- Practice, Practice, Practice....

Go over the final checklist. Make sure they understand. At this point, I like to walk them through the planning stages of a demonstration. Give them the topic of demonstrating how to make Kool-Aid.

- what do we need to make Kool-Aid?
- what steps do we go through to make Kool-Aid?
- make Kool-Aid at home to practice
- get your equipment ready and your ingredients measured out the day before the contest
- Bring everything that you need to school on 4-H day.



Presentation & Portfolio

Presentations consist of an exhibit board similar to a science fair board with information about your project and a 1-2 minute presentation about your board and project.

Portfolio is a record of your 4-H project work.



Lydia Ferguson and her nutrition project exhibit at the 2010 Regional Young Achievement Day

Remind students that Sixth grade members can participate in a Project display and portfolio contest in May at the multi-county contest.