

Health Heroes Activity List #1b

This *activity list* is divided into three columns: the type of activity (required, choice, or optional), the title and description for each activity, and the approximate time it will take to complete the activity. You will work from this *activity list* throughout the week and attend groups with your teacher. You will need to use your *Research Journal* to complete the activities.

Required — These are must-do activities.

Choice — These activities will give you a choice in how to complete the activity.

Optional — These activities are provided as additional support if you need them.

Work through this *activity list* in any order you choose! Tip: Work through an entire section before moving into a new section.

Type	Title/Description	Duration
Getting Started		
Required	Rubric Review - Review the first row of the rubric, “Research Journal — Body Systems.” - Write down any new questions on the back of your physical rubric or on another sheet of paper. - Write down 1 goal that you want to achieve by the end of this week. - Share your questions and goal(s) with your teacher.	15 min
Optional	Watch this video to learn how to set goals and 4 easy steps for achieving a goal.	5 min
Required	Opening Reflection: - Answer the following question in complete sentences in your <i>Research Journal</i>: - Do you think eating healthy and moving your muscles is important? Why or why not? - What exercises do you do to stay healthy? If you don’t currently exercise, what else do you do to stay healthy? - Share your reflection aloud and listen as others share.	30 min
Optional	Write down ideas for exercising and staying healthy, in your journal, as you listen to your classmates share their healthy habits.	5 min
Importance of Exercise		
Required	- Watch this video all the way through to learn about the importance of exercising. - Watch the video again and use this graphic organizer to take notes on the video. - Bring your completed graphic organizer to a whole-group discussion.	30 min
Choice	- Open your journal. Write the date and heading: Physical Activity and Me. - Read “The Benefits of Exercise.”	25 min

	3. Answer the questions below in your journal: a. How does the text explain the way exercise helps you feel less angry and more happy? Use details from the text to support your answer. b. What is the main idea of the article? Which key details helped you figure that out? 4. Share your answers with your teacher.	
	1. Open your journal. Write the date and heading: Physical Activity and Me. 2. Watch “ Get Active! The Importance of Daily Physical Activity for Children ” all the way through. 3. Answer the questions below in your journal: a. What does the word <i>endorphins</i> mean in the article? How do endorphins help us feel better? Give an example of an activity that releases endorphins. b. How does exercise affect our mood? Use clues from the text to explain how being active changes how we feel emotionally. 4. Watch the video again and try to add more details to your answer. 5. Share your answers with your teacher.	25 min
Choice	1. Open your <i>Research Journal</i> . Write the date and heading: Physical Activity Benefits. 2. Read this “ Fact Sheet for Kids ” and this “ 60 Minutes ” poster. 3. Answer the questions below in your journal: a. What is the central idea of the text, and which key details help support it? b. What details in the text explain how physical activity boosts health in four different ways? 4. Share your answers with your teacher.	25 min
	1. Open your <i>Research Journal</i> . Write the date and heading: Physical Activity Benefits. 2. Watch “ Healthy Kids — Exercise ” all the way through. 3. Answer the question below in your journal: a. What is the main message of the video and poster? Use your own words to summarize and include at least one supporting detail. 4. Watch the video again and try to add more details to your answer. 5. Share your answers with your teacher.	25 min
Reflection		
Required	Answer the reflection question below in at least two complete sentences: What is one thing that you learned this week about the importance of exercising?	15 min