

Health Heroes Activity List #3b

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 1. Review the first row of the rubric, “ Action Plan. ” 2. Write down any new questions on the back of your physical rubric or on another sheet of paper. 3. Write down at least one goal that you want to achieve by the end of this week. 4. Share your questions and goal(s) with your teacher.	15 min
	Watch this video to learn about setting goals to achieve your dreams.	5 min
Exercises for Kids		
Choice	1. Watch this video to learn about fun exercises kids can do at home. 2. In your journal, list and describe at least 5 exercises kids can do to get active and burn calories. a. What is the name of the exercise? b. How do you perform this exercise? 3. Share the exercises you write about with your classmates.	30 min
	1. Read “ AWESOME Exercises for Kids ” to learn about exercises that kids can do. 2. In your journal, list and describe at least 5 exercises kids can do to get active and burn calories. a. What is the name of the exercise? b. How do you perform this exercise? 3. Share the exercises you write about with your classmates.	30 min
Optional	Take notes in your journal as you listen to your classmates share the exercises they picked.	10 min
Giving & Receiving Feedback		
Choice	The Importance of Feedback 1. Attend a <i>small-group mini-lesson</i> to learn about the importance of giving and receiving feedback.	20 min
	The Importance of Feedback	20 min

	<ol style="list-style-type: none"> 1. Watch “The Importance of Giving and Receiving Feedback” video to learn about the importance of giving and receiving feedback. 2. Write down any new information, thoughts, and/or questions you have in your journal. 3. Share your thoughts, questions, and notes with your teacher. 	
<i>Writing Your Action Plan — Part 2</i>		
Choice	<ol style="list-style-type: none"> 1. Plan and organize the second paragraph of your action plan by completing this graphic organizer. 2. Share your graphic organizer with a partner for feedback. 	30 min
	Join a small group with your teacher to plan and organize the second paragraph of your action plan.	20 min
Required	Paragraph Peer Feedback – Use this peer feedback form to give feedback to a partner.	30 min
Required	Use the feedback you received from your teacher to write your second paragraph about the importance of exercise and what exercises your peers can do in your journal.	25 min
Optional	Share your second paragraph with your teacher for feedback.	10 min
<i>Wrapping Up Your Action Plan</i>		
Choice	<ol style="list-style-type: none"> 1. Watch this video to learn about writing a closing for your action plan. 2. Answer the questions below in your <i>Research Journal</i>: <ol style="list-style-type: none"> a. What is a closing, and what does it let the reader know? Use evidence from the video to explain your answer. b. What are two ways to write a closing? Explain each one using details from the video. 3. Watch the video again and try to add more details to your answer. 4. Share your answers with your teacher. 	25 min
	Join a small group with your teacher to learn about writing a closing for your action plan.	20 min
Required	Writing a Powerful Closing Statement – Complete this activity to write a closing statement for your action plan.	30 min
<i>Reflection</i>		
Required	<p>Answer at least 1 of the reflection questions below in 2–3 complete sentences:</p> <ul style="list-style-type: none"> • <i>What was a challenge you faced this week, and how did you handle it?</i> • <i>How did you help someone else this week?</i> 	15 min