How Much Physical Activity?

Irish Heart Foundation

Curriculum Links:

Maths - **Strand:** Data **Strand Unit:** Representing and interpreting data
SPHE - **Strand:** Myself **Strand Unit:** Taking care of my body (Health and well-being

Overview

In this activity, pupils are asked to keep a record of the amount of physical activity that they do in one full week and present this on a graph. This lesson provides an opportunity to discuss what physical activity is and introduce the national physical activity guidelines for health.

Learning Outcomes:

Pupils will collect data and collate the results to present on a graph. Pupils will gain an understanding of the importance of physical activity and be able to recall the recommended amount of daily physical activity for health.

Teaching Notes:

Ask pupils to use the record sheets (*Physical Activity Tracker* or *Last Week I Did...*) to record their minutes of physical activity in one week. Pupils can use the graph on the final page to display their own data, or combine data for each pod or the whole class using the *Total Minutes of Physical Activity* table. Challenge pupils to use the data to figure out the average minutes for the group for each day and what the most active day is overall.

Preparation

Before collecting any data, begin by asking "What is physical activity" and writing the different answers or associated words suggested by the class on the board. Use the *Key Points* as a guide for introducing the definition of physical activity and discussing the national guidelines for how much physical activity children and young people should do.
Ensure that pupils have an understanding of what counts as physical activity before asking them to track their activity.

Differentiation

There are several different record sheets included to give different options for how to record the information.

- Pupils could keep track of their minutes of physical activity for one full week using the *Physical Activity Tracker*. Alternatively, use this record sheet but focus on 2-3 days.
- Instead of tracking a week of physical activity, pupils could recall the previous week and use the *Last Week I did...* table to write down the different physical activity they did and estimate how long for.

Key Points about Physical Activity

- ·Physical activity is any type of body movement that makes the heart beat faster than normal and breathing harder than normal.

  - This includes:
    (1) Structured activities like PE, sports, swimming or dance classes
    (2) Active travel such as walking, cycling or scooting to school
    (3) Leisure activities like playing, running around or going for a walk
    (4) Daily activities like cleaning or walking up stairs

  - Physical activity that increases our heart rate or breathing by a little bit (like stretching or walking slowly) are called light activity. More intense physical activity is called moderate (if it makes the heart beat a good bit faster and the breathing a good bit harder) or vigorous (if it makes the heart beat a lot faster and breathing a lot harder).

  - National guidelines for health recommend that children and young people do at least **60 minutes of moderate-to-vigorous physical activity every day**.

  - This 60 minutes can be accumulated through the day in chunks of any amount of time. That's only ten minutes six times a day.

  - There are loads of ways to be physically active and everybody can find something that they enjoy doing.

  - Physical activity is good for our heart, our minds and our whole bodies.

For more information on physical activity recommendations see the
<u>National Guidelines on Physical Activity for Ireland</u>.

Physical Activity Tracker

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1 Every day, cross off or shade in a circle each time you do 10 minutes of activity.
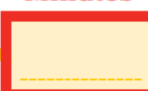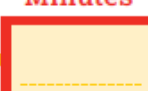
2 If you do more than 60 minutes on a day, write your extra minutes in the big yellow box.

3 At the end of the week, add up your total minutes of activity.

4 Write down all the activity you do during the week in the boxes.

MONDAY
Extra Minutes | Total Minutes
10 — 10 — 10 — 10 — 10 — 10

TUESDAY
Extra Minutes | Total Minutes
10 — 10 — 10 — 10 — 10 — 10

WEDNESDAY
Extra Minutes | Total Minutes
10 — 10 — 10 — 10 — 10 — 10

THURSDAY
Extra Minutes | Total Minutes
10 — 10 — 10 — 10 — 10 — 10

FRIDAY
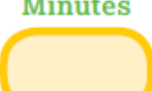Extra Minutes | Total Minutes
10 — 10 — 10 — 10 — 10 — 10

SATURDAY
Extra Minutes | Total Minutes
10 — 10 — 10 — 10 — 10 — 10

SUNDAY
Extra Minutes | Total Minutes
10 — 10 — 10 — 10 — 10 — 10

Well done! **WEEKLY TOTAL**

_____ Minutes

Last week I did....

	Types of physical activity done	Minutes (approximate)	Total minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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Total Minutes of Physical Activity

Pupil	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
25							
20							
1							
10							
TOTAL							
Average (Mean)							

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Minutes of physical activity for each day

Minutes

| 120 | 110 | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 | 20 | 10 | 0 |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |

Day