Physical Activity and Personal Hygiene

Lesson: The importance of increasing personal hygiene practices when physical activity is increased.

Date: As used

Time: As used

Class: 5th and 6th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: The lesson begins with the Lunch Bag physical activity test as the introduction, the 'Physical activity and personal hygiene' video provides the lesson, the 'Physical activity and increased personal care' crossword is used as the assessment for this lesson and the 'Colour me in' exercise is used as the activity sheet.

Learning Objectives

1. Realise how increased activity or involvement in physical activities can require increased attention to body care.
2. Recognise the importance of treating their body with respect and dignity.
3. Recognise and examine behaviours that are conducive to good health.
4. Identify the fact that there is a personal and communal responsibility for the health and well-being of himself/herself.

Introduction/Stimulus

The lesson begins with the Lunch Bag physical activity test. The use of this test allows for the concept of physical activity to be introduced while also beginning the lesson in an enjoyable manner. The test also allows teachers assess the students' strength levels compared to their body weight, and to see if there are certain students who may need more encouragement to persist with and try to increase their current physical activity levels.

Development

- The lesson begins with highlighting the amount of, and the intensity of daily physical activity that is required for students in 5th and 6th class. These students are usually of pre-teen age. Students are educated on the importance of 60 minutes of daily physical activity ranging between moderate to vigorous in intensity. Examples are given of moderate (roller blading, walking and hiking) and vigorous (running, tag and team sports) intensity exercises.
- The second area explained in this lesson is the different types of exercise that people should try to complete weekly. The importance of muscle-strengthening (push ups and sit ups), bone strengthening (running, skipping, jumping and hopping) and flexibility exercises 3 times a week is highlighted to students.
- Students are next given guidance on how to improve their exercise capacity if they are not currently reaching the recommended levels of exercise. Students are encouraged to firstly aim for 10-15 minutes every 1-2 days. They're encouraged to aim to initially increase the time they exercise for, and the weekly frequency to 2-3 times per week. The last aspect they are encouraged to increase is the intensity of their exercise.
- The final area highlighted to students is the importance of showering every second day when in 5th and 6th class. It is explained to students that if they shower too often, they can wash important bacteria from their skin. The only time the frequency of bathing should be increased should be after any high intensity exercise to wash off any bacteria that can be built up.

Conclusion

The lesson is concluded with the use of the 'Physical activity and increased body care' crossword which is used as an assessment for this lesson. This method of assessment refreshes the learnings of the lesson while also integrating English into this SPHE lesson. The lesson is then concluded with the use of the 'Physical activity and increased body care' colour me in exercise sheet.

Assessment	The 'Physical activity and increased body care' crossword is used to assess the learnings of this lesson. The learnings are assessed with the use of sentences as prompts for the words in the crossword. Once the words are figured out by students, these words are then what are used to complete the crossword.
Linkage/Integration	**Linkage:** **Self-Identity;** Identify realistic exercise goals and targets and the strategies required to reach these. **Developing Self-Confidence;** Take increasing responsibility for himself/herself and their health. **Feelings and Emotion;** Identify and learn about healthy ways to help him/her to feel positive about himself/herself. **Integration:** **Making Inference:** Realise that if students exercise for 60 minutes daily, and include bone strengthening, muscle strengthening and flexibility work that they will maintain and develop their overall health. **English;** Improving their vocabulary and their spelling with the use of the 'Physical activity and personal hygiene' crossword. **Art;** with the use of the 'Colour me in' exercise sheet, Art is integrated into this SPHE lesson.