



Eyewitness to Fitness

Have students see how they measure up compared to the recommended one hour a day of physical activity.

Begin this activity by asking students how they spend their spare time. What do they do with friends after school? How do they spend their time on the weekends?

Make a list of students' activities on the chalkboard. Ask students to rank the activities in terms of physical exertion required for each. Which are physically the most difficult? Which are easiest? How much physical activity do kids need each day to stay healthy?

Ask students to make predictions. How many minutes each week do you think you spend on activities that are physically demanding? Record the range of predictions on the chalkboard, from the highest to the lowest. As a week of tracking progresses, ask students if they want to change their predictions.

Use the "Eyewitness to Fitness" handout below.

