

Performance Task for Healthy Living Learning Outcomes

Aspect of the HLPS being used for formative assessment:

Active Living 5/6

Classroom Context:

The school participates in a Daily Physical Activity Program which requires the learners to be active for a minimum of 30 minutes per day. This activity often takes the form of a Walk/Run/Jog around the neighbourhood and/or small space activities (i.e.: aerobics, isometrics, and dance) that can be performed in the classroom. This is supplemental to the P.E. curriculum. The students are also encouraged to be physically active outside of school hours, as well. Within the classroom students have been involved in discussions and various activities that provided them with opportunities to connect being physically active with physical and emotional health.

Provincial Learning Outcome:

A1 - Describe the personal benefits of regular participation in physical activity, i.e.: it makes bones stronger, it increases overall health, and it's a way to make new friends.

Student Learning Intention:

I understand and can show/tell the benefits of being active on a regular basis.

Task:

Students were asked to create a project that shows the personal benefits of regular participation in physical activity and highlight the activities that they participate in:

- a power point slide show that describes the 3 different aspects of physical activity (strength, endurance and flexibility) and the connections between physical activity, and physical and emotional health

Pre-teaching:

Students will first have completed a ‘think-pair-share’ activity that requires them to brainstorm and share reasons why they believe physical activity is important to their own personal health and well being.

Students will create a 4-square graphic organizer in which they will list all of the physical activities they do on a daily basis. After a brief discussion period about activities that promote flexibility, aerobic endurance, and strength, the students will categorize their activities into 3 groups. Students will be given a copy of *Let's Get Active* to read through and prepare for a further discussion on the physical and emotional benefits of being physically active.

Process:

The students will create a power point presentation that outlines the physical and emotional benefits of physical activity. The students will show what physical activities help to improve strength, flexibility, and endurance and the different body systems (i.e.: muscular, respiratory, cardiovascular, and skeletal) that are affected by physical activity. In addition, they will refer to the emotional benefits that being physically active provides. Students will also be asked to highlight (using the highlighting tool) the activities and emotions they are personally linked to, i.e.: “I play hockey. Hockey strengthens my muscles including my heart. I enjoy pushing myself to be better. It makes me feel strong and powerful.”

Student and teacher created criteria:

1. show examples of the physical and emotional benefits of physical activity

2. show the different body systems that would benefit from physical activities
3. highlight the activities that students do at school and away from school and how they are linked to the overall health of specific body systems

Teacher Observations:

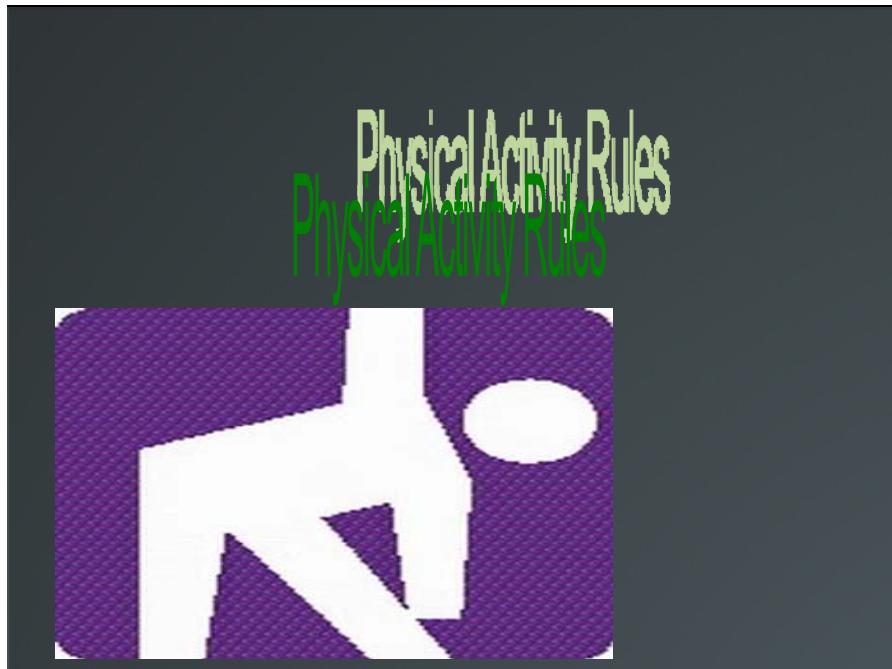
The student is able to create a power point slide presentation that shows how physical activity improves fitness (flexibility, strength and endurance) in relation to the body systems (muscular, skeletal, cardiovascular, and respiratory). The student will provide a title page and a slide for each of the body systems and illustrate the type of physical activity that will help improve or maintain an optimal level of health. The student will also describe the emotional benefit of participating in this activity. In order to show the connection between themselves and the activity, the student will use the highlighting tool to show which activities they participate in and how it makes them feel (physically and emotionally).

Emerging:

With assistance, the student:

- provides a title page that explains what it means to them to be physically fit, emotionally and physically
- provides slides that give examples of one physical activity that improve strength, flexibility, muscle endurance, and balance
- provides one example of the emotional benefit of exercise, i.e.: exercise makes me feel good about myself

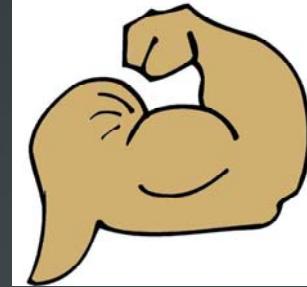
[Emerging: Physical Activity](#) [PPT 1.0Mb]



Flexibility



Muscles and Skeletal system



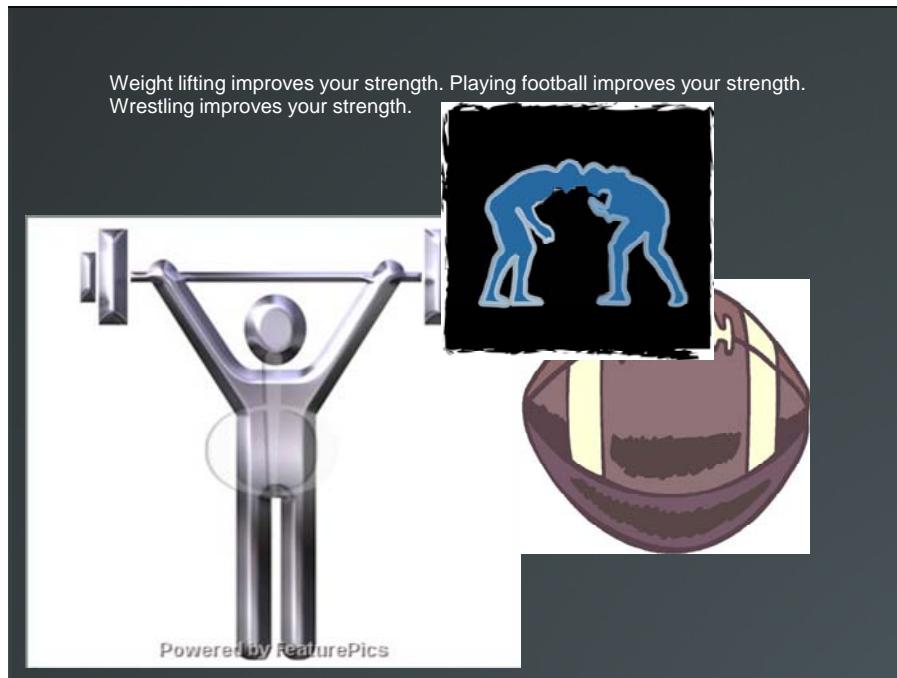
Reaching that help to relax your muscles and keep your joints moving.

Endurance

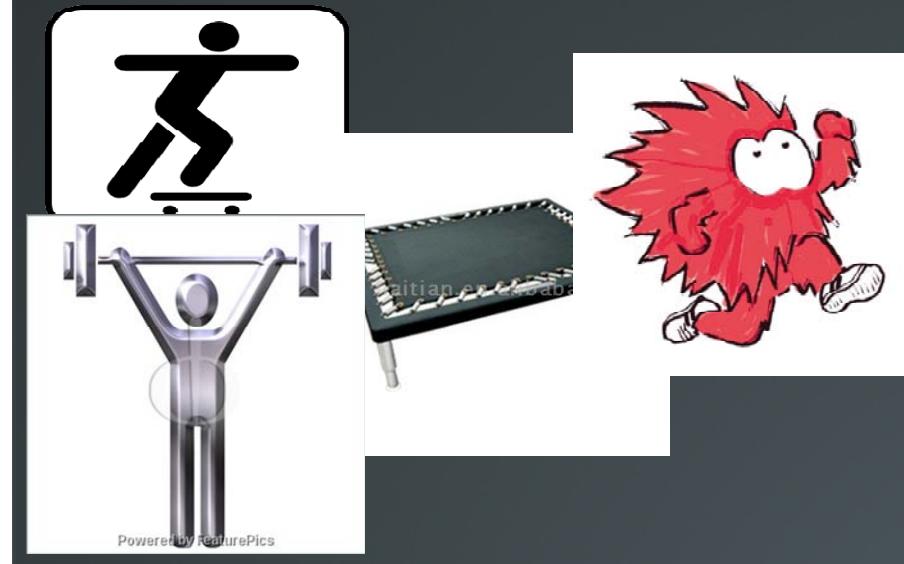


Running improves your endurance. Bike riding improves endurance. Ski boarding improves your endurance.





I like to sk8 board. To improve my flexibility I go on the trampoline. To improve my strength I do push ups. To improve my endurance I run long distance.



Developing:

Independently, the student:

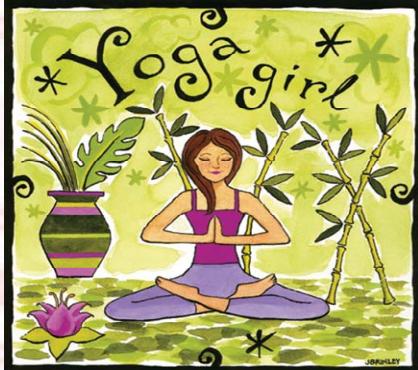
- provides a title page that explains what it means to be physically fit, emotionally and physically
- provides slides that give examples of two physical activities (with illustrations) that improve strength, flexibility, muscle endurance, and balance, as well as the body systems they involve
- provides two examples of the emotional benefits of exercise, i.e.: exercise makes me feel good about myself and I like pushing myself to be better

[Developing: Physical Activity \[PPT 922Kb\]](#)



Muscular/Skeletal System

**I feel good when I do Yoga.
I feel comfortable when I do Yoga.**



Physical activity improves endurance

Cardiovascular respiratory/Muscular System

**I feel good when I am jogging
I feel my heart beating fast while I am jogging**



Physical activity improves strength

Muscular/Skeletal System

**I feel good when I am skating
I feel cool when I am skating**



**I really like Yoga
Yoga is flexibility
I have been participating Yoga
Yoga is the best**



Acquired:

Independently the student:

- provides a title page that explains what it means to them to be physically fit, emotionally and physically
- provides slides that give examples (with illustrations) of three physical activities that improve strength, flexibility, muscle endurance and balance, as well as the body systems they involve
- provides three examples of the emotional benefits of exercise, i.e.: exercise makes me feel good about myself, I like pushing myself to be better and I like being a part of a team
- highlights the physical activities that they participate during school, i.e.: I am on the basketball team

[Acquired: Physical Activity \[PPT 3.75Mb\]](#)



Muscular and Skeletal System



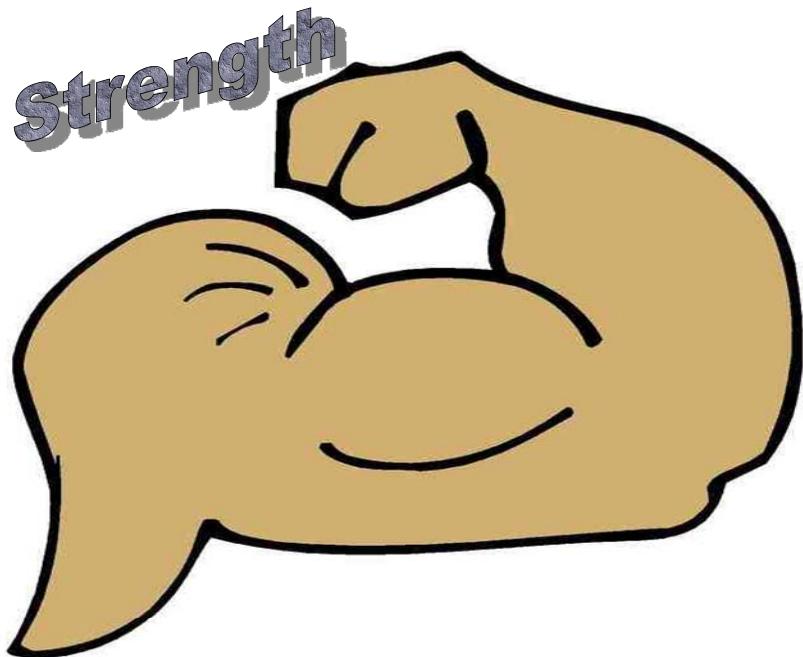
Martial Arts improve your flexibility by stretching your muscles and giving you a full range of movement.



The cardiovascular system and the muscular system and the respiratory system



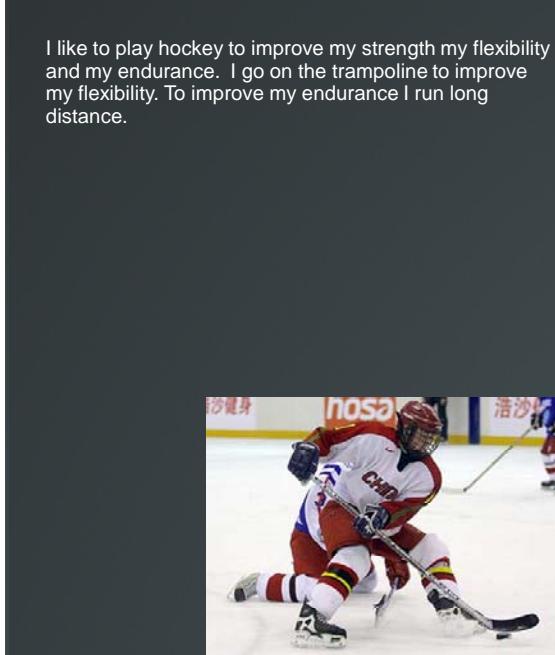
Endurance helps strengthen bones. If you exercise it will make you sweat more and make your heart beat faster. Here are some activities to help improve endurance - walking, running, jogging, hockey, baseball.



Hockey improves your strength by strengthening your leg muscles and arm muscles.



I like to play hockey to improve my strength my flexibility and my endurance. I go on the trampoline to improve my flexibility. To improve my endurance I run long distance.



Accomplished:

Independently the student:

- provides a title page that explains what it means to them to be physically fit, emotionally and physically
- provides slides that give examples of three physical activities that improve strength, flexibility, muscle endurance and balance
- provides three examples of the emotional benefits of exercise, i.e.: exercise makes me feel good about myself, I like pushing myself to be better and I like being a part of a team.
- highlights the physical activities that they participate during and after school, i.e.: I am on the school basketball team and I am a competitive figure skater.

[Accomplished: Physical Activity](#) [PPT 855kb]





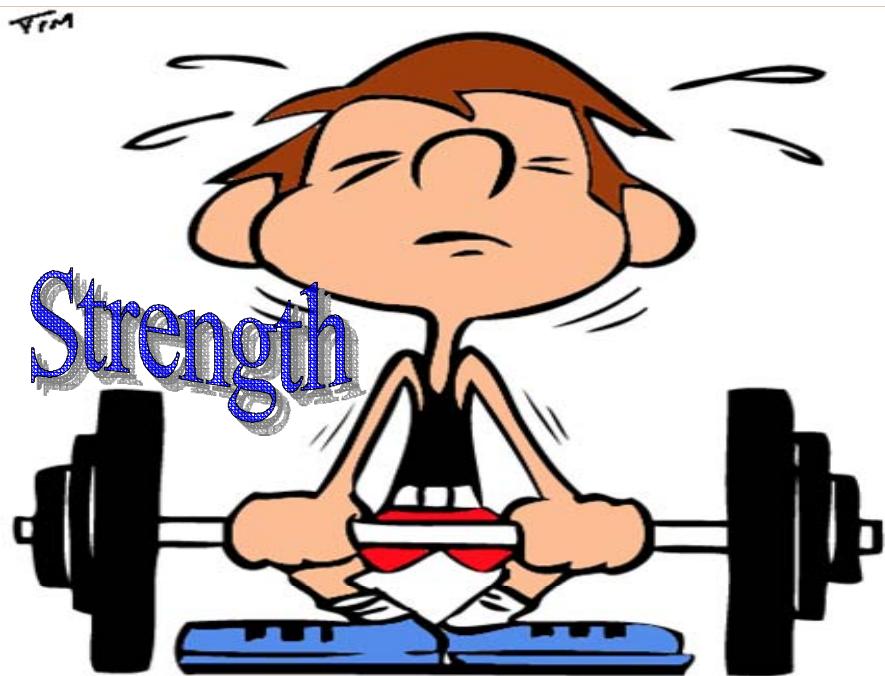
Muscular/skeletal system



Dancing like hip hop, jazz and ballet can help with your flexibility. Yoga and pilates also help improve with flexibility. These activities stretch muscles and allows full joint rotation.



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The thing I like to do is dance. My 3 favourites are jazz, hip hop and tap. They all improve my flexibility, strength and endurance. I like being a part of a dance troupe because it makes me feel special to be a part of a group that goes on stage. I like how I feel when I finish a good dance and I love being with my friends.

Resources:

- Kidshealth.org.* February 2009. 28 April 09. http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html#
- Canada's Physical Activity Guide. Let's Get Active.* Her Majesty the Queen in Right of Canada 2002
- ActNowBC. Healthy Eating and Physical Activity Learning Resource. Grade 5.*
- Healthy Living Performance Standards (draft). Grade 4-7.* B.C. Healthy Schools Network. October 2008