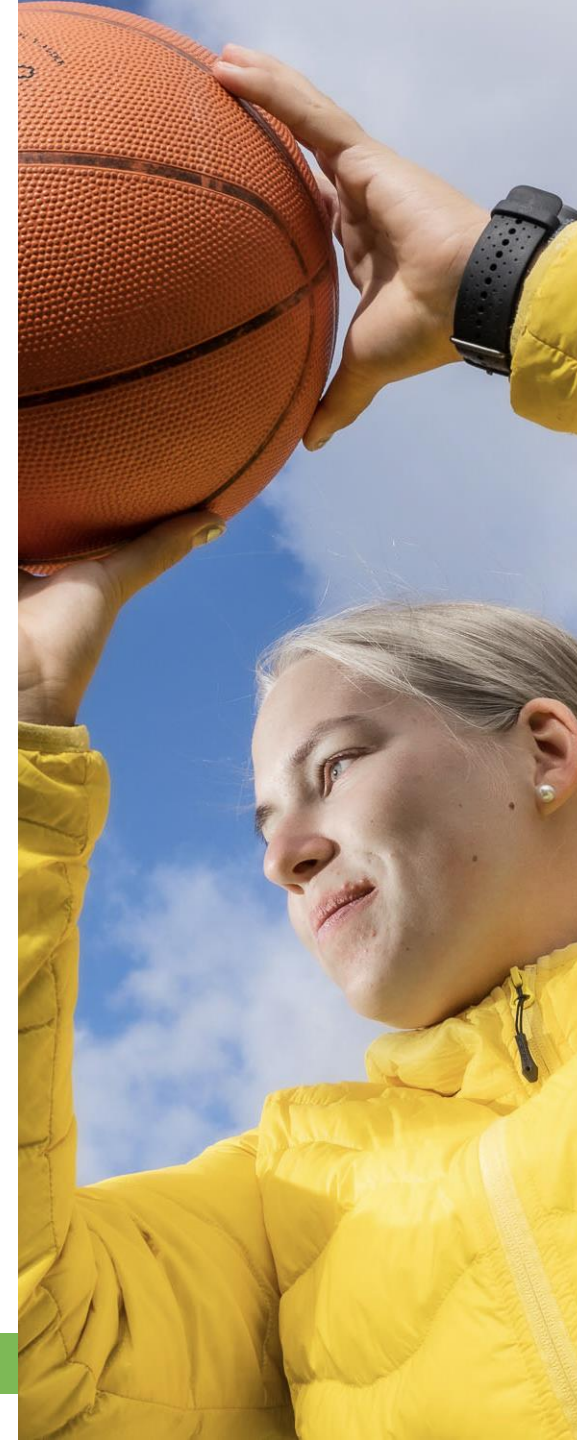


Physical activity

A 3-hour lesson package for lower secondary school



Objectives

The objective of the physical activity lesson plan is to

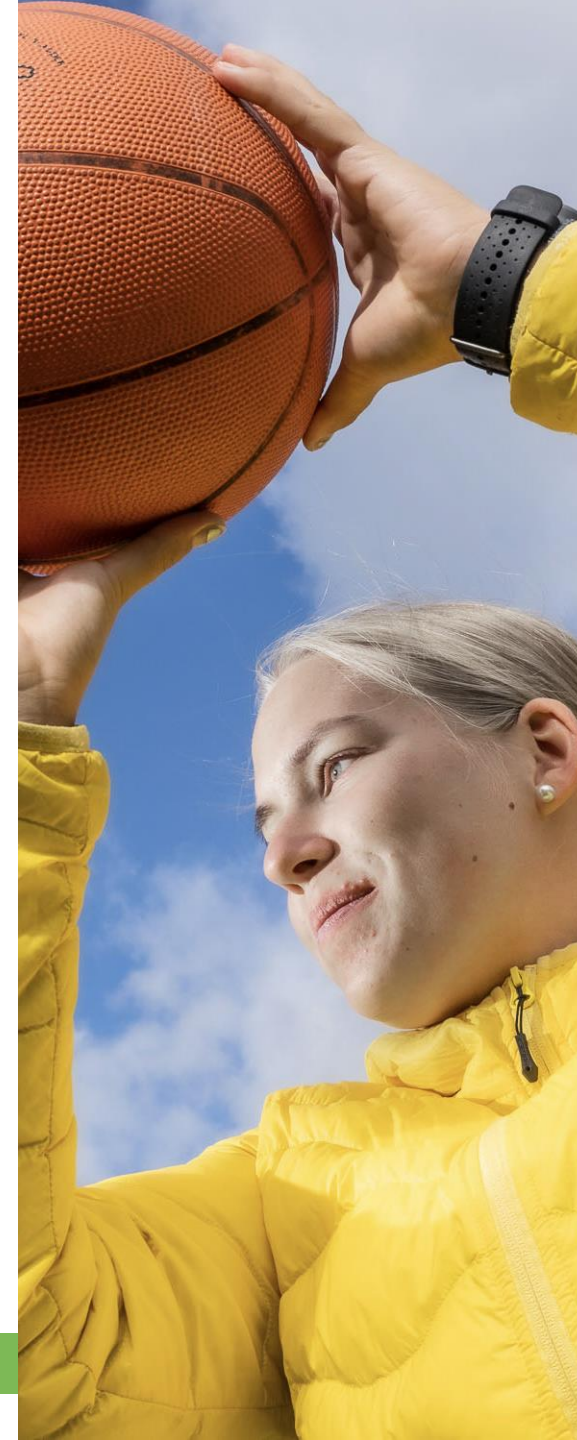
- increase understanding of physical, mental and social health from the perspective of physical activity
- recognise and assess personal physical activity and sleep habits
- reflect on resources that are important for personal health.

Lesson 1

Physical activity

The benefits of physical activity

Sedentary behaviour



Discuss together

- What is physical activity?
- What kind of physical activity do you enjoy?

What is physical activity?

- Physical activity = all everyday activities, such as
 - play and games
 - physical activity during the school day, as part of PE lessons, recesses or lessons
 - spontaneous physical activity during leisure time
 - physical activity and sport hobbies
 - housework
 - active movement from one place to another, for example, walking, cycling or by wheelchair
- Everyday activity = all activity that consumes more energy than sedentary behaviour.

What could physical activity do for you?



The benefits of physical activity

- Record the benefits of physical activity on a [Padlet wall](#) or other similar way. You can examine the topic from the following angles:
 - physical well-being
 - psychological well-being
 - social well-being
 - learning
 - diseases
- Complete the list together.
- Read more in [Finnish](#)

Information about the benefits of physical activity

- Watch the info spot about [the benefits of physical activity](#)
(Healthy Pupil Program: Physical activity)



Discuss together

- How do long periods of sitting or other sedentary behaviour affect your body and mind?
How do you feel afterwards?
- Lower secondary school pupils may spend a lot of time being sedentary.
How much time do you think you spend sitting?

Sedentary behaviour is like poison for your body

- Long periods of sedentary behaviour are a real physical challenge for our bodies. They may expose people to various symptoms in the musculoskeletal system, such as neck and shoulder area symptoms.
- Long periods of sedentary behaviour are also a health risk in terms of developing various cardiac and metabolic diseases.
- [Read more](#) in Finnish (Healthy Pupil Program: Reducing sitting)

How do long periods of sitting or sedentary behaviour affect our health?

- Watch the information bulletin on the [harmful effects of sitting, taking breaks and reducing sitting](#)

(Healthy Pupil: Sitting)



It's always a good idea to take breaks in sedentary behaviour!

- All physical activity is a positive step!
- It's important to take breaks in sitting during lessons, this keeps both mind and body alert throughout the lesson.
- Plan your own exercise breaks or try an exercise break from a [video](#).
(Smart Moves: Boxing gets your body moving)

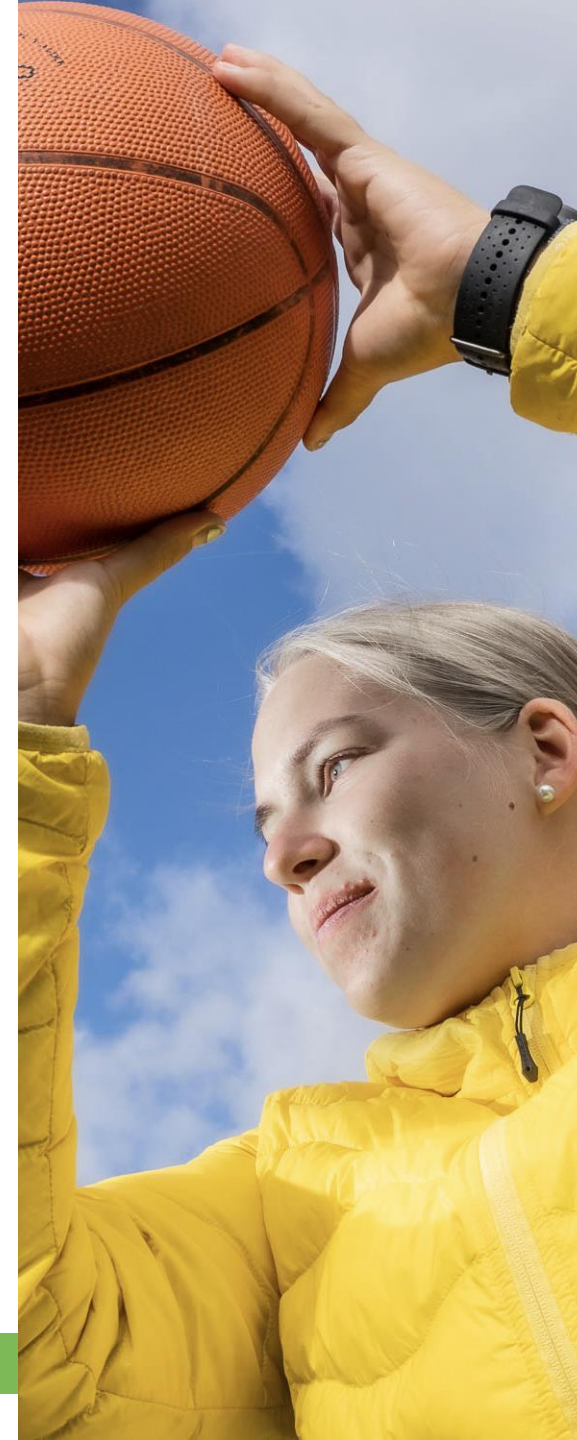


Homework

- How could you increase movement
 - at school?
 - during leisure time?
- How could you reduce sedentary behaviour
 - at school?
 - during leisure time?
- What would be pleasant ways for the whole group to reduce sedentary behaviour and increase movement during the school day?
Choose one of these and make it a habit.

Lesson 2

Physical activity recommendation
Physical activity and safety



Homework review

- Arrange a vote or draw to select one of the pupils' ideas for increasing physical activity and reducing sedentary behaviour for the whole group.

Physical activity recommendation for 7–17-year-olds

- Watch [the animated video about the physical activity recommendation for children and adolescents](#) (UKK Institute: Physical activity recommendation for children and adolescents – Pyry and Aida's day)



Active quiz

Stand up.

March in place between the answers.



1. How many hours of moderate and vigorous physical activity is recommended for 7–17-year-olds each day?

- A. 1 h
- B. 2 h
- C. 3 h

- Answer by doing the same number of **burpees** (go to the push-up position and then jump up) that corresponds to the hours.

Correct answer

- How many hours of moderate and vigorous physical activity is recommended for 7–17-year-olds each day?
 - A. 1 h**
 - B. 2 h
 - C. 3 h

- You should get at least one hour of moderate or vigorous physical activity each day.

2. According to the recommendation, how many times per week should 7–17-year-olds be physically active in order to improve endurance?

- A. 2 times
- B. 3 times
- C. 4 times

- Answer by doing one **squat** for each physical activity session.

Correct answer

2. According to the recommendation, how many times per week should 7–17-year-olds be physically active in a way that improves endurance?

A. 2 times

B. 3 times

C. 4 times

- 7–17-year-olds should be physically active in a way that improves endurance at least 3 times per week.

3. According to the recommendation, how many times per week should 7–17-year-olds be physically active in a way that strengthens muscles and bones?

- A. 1 time
- B. 2 times
- C. 3 times

- Answer by doing one **push-up** for each physical activity session.

Correct answer

3. According to the recommendation, how many times per week should 7–17-year-olds be physically active in a way that strengthens muscles and bones?

- A. 1
- B. 2
- C. 3**

- 7–17-year-olds should be physically active in a way that strengthens muscles and bones at least 3 times per week.

4. It's a good idea to take breaks in sedentary behaviour, for example, by walking around or taking an exercise break.

A. Correct

B. Incorrect

- If you answer A, do 10 side stretches.
- If you answer B, do 10 squat jumps.

Correct answer

4. It's a good idea to break up sedentary behaviour, for example, by walking around or taking an exercise break.

A. Correct

B. Incorrect

- It's a good idea to take breaks during long periods of sedentary behaviour in order to remain alert.

5. You can increase your own physical activity with everyday physical activity, such as walking or cycling to school and hobbies more often or choosing to use the stairs instead of taking the lift.

A. Correct

B. Incorrect

- If you answer A, do 10 side-to-side body rotations.
- If you answer B, rotate your hands 10 times.

Correct answer

5. You can increase your own physical activity with everyday physical activity, such as walking or cycling to school and hobbies more often or choosing to use the stairs instead of taking the lift.

A. Correct

B. Incorrect

- Being active whenever you can will make you feel better.

Light, moderate and vigorous physical activity

- **Light physical activity:** Your physical activity is light when it does not cause shortness of breath at all.
- **Moderate physical activity:** Your physical activity is moderate if you are able to talk despite being a bit short of breath.
- **Vigorous physical activity:** Your physical activity is vigorous if it's hard to talk because you're short of breath.

Assignment 4:

- Work in pairs or small groups and think up as many examples of light, moderate and vigorous physical activity as possible.
- You have 3 minutes.

Light, moderate and vigorous physical activity

- Examples of light physical activity include walking from one place to another, walking the dog, shopping trips and light cleaning.
- Examples of moderate physical activity include brisk walking and cycling.
- Examples of vigorous physical activity include running, fast-paced games and jumping.

Physical activity to improve endurance

- Vigorous physical activity improves endurance and cardiovascular function.
- Vigorous physical activity
 - produces greater health impacts in the body than lighter physical activity
 - strengthens the heart muscle
 - improves blood circulation
 - increases oxygen use efficiency.

Physical activity to strengthen the muscles

- Physical activity to strengthen the muscles is important in order to develop and maintain muscular fitness, which means muscle strength and muscle endurance.
- Strength training, such as body weight training, stair climbing, gym workouts and circuit training, strengthen your muscles.
- Also pay attention to flexibility, for example, by stretching.

Physical activity to strengthen the bones

- Physical activity to strengthen the bones
 - includes jumps and directional changes, such as games and dance
 - prevents a decrease in bone mass
- The bones of people who are physically active contain more minerals and have a stronger structure in comparison to people who are less active.

Assignment:

- Work in pairs to think up a jumping challenge for recess, and then test it.

Research data on the physical activity of young people

- What are the reasons for physical activity or lack of physical activity?
- What would inspire young people to be physically active?

Physical activity and sedentary behaviour of children and adolescents

Daily step number



● boys ● girls

Meeting the physical activity recommendation



Physical activity and safety

– how can you prevent the negative effects of physical activity?

Families and adolescents

Recommendations for the prevention of physical activity-related injuries in children and adolescents

Diverse and sufficient physical activity helps to avoid physical activity-related injuries

- Get enough physical activity
- Remember versatility
- Warm up thoroughly
- Wear protective equipment
- Start slowly
- Rehabilitate injuries
- Safe school and hobby journeys



Physical activity and safety

– how can you prevent the negative effects of physical activity?

1. Remember versatility

Practice your body control, strength, balance, coordination and agility skills regularly and preferably do several different activities instead of only one.

2. Warm up thoroughly

Remember to warm up well before physical activity.

3. Wear protective equipment

Wear appropriate protective equipment suitable for the activity.

4. Start slowly

Start new activities and sports slowly and get used to them.

5. Rehabilitate injuries

If you have an injury, rehabilitate it before returning to practice.

6. Safe school and hobby journeys

- Walk or cycle whenever possible.
- Remember safe traffic behaviour.

- [Learn more](#) (Healthy Pupil Program: First aid and treatment of sports injuries)

PEACE & LOVE

SPORT-RELATED INJURY

immediate care

after the injury

- P Protection**
Avoid activities and movements that increase pain during the first few days after injury.
- E Elevation**
Elevate the injured limb higher than the heart as often as possible.
- A Avoid anti-inflammatories**
Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.
- C Compression**
Use elastic bandage or taping to reduce swelling.
- E Education**
Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.

subsequent management

after the first days

- L Load**
Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.
- O Optimism**
Condition your brain for optimal recovery by being confident and positive.
- V Vascularisation**
Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.
- E Exercise**
Restore mobility, strength and proprioception by adopting an active approach to recovery.

First aid and treatment of sports injuries

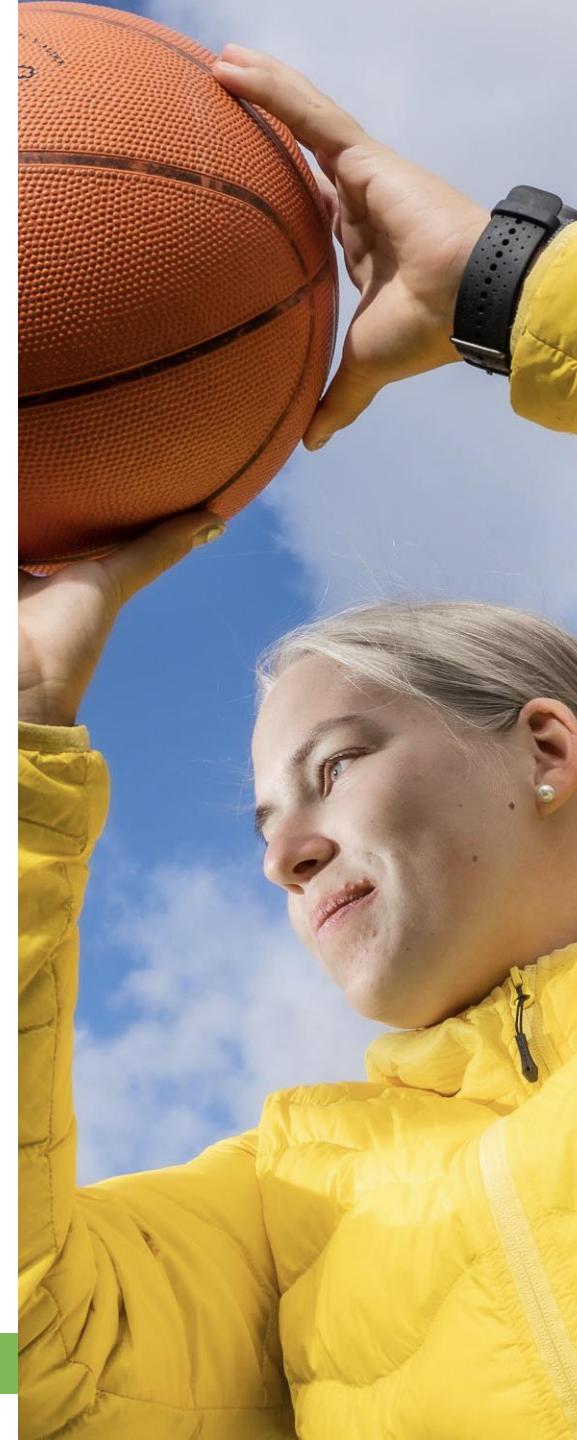
- Remember PEACE and LOVE.
- This replaces the previous ICE guidelines.
- [Learn more](#) in Finnish
(Healthy Pupil Program: First aid and treatment of sports injuries)

Guidelines for the diary

- Record your physical activity and sleep for one week using the paper or electronic diary template.
- After a week has passed, check your habits using the online physical activity questionnaire.
- Link to [the diary template](#) (UKK Institute: Diary for monitoring physical activity and sleep)

Lesson 3

My physical activity



My physical activity

- Compare your habits to the physical activity recommendation.
- Link to [the physical activity questionnaire for 7–17-year-olds](#)
(UKK Institute: Physical activity questionnaire)

Sleep

- Look at the bar graph showing how much you sleep in the online questionnaire summary view.
- Independent reflection:
 - Did you wake up in the morning feeling rested and alert?
 - What comes to mind regarding the amount of sleep you get?

Plan for the future

Independent reflection:

- 1. Compare your habits with the physical activity recommendation.**

Which areas of the physical activity recommendation do you think are already doing well in?
What do you want to maintain?

- 2. Choose a development goal.**

Is there an area in which you would like to see a change?
What could you do to improve the situation?

- 3. Make a plan.**

Can you think of one small act that would help you reach your goal?

Make a plan for increasing physical activity or sleep!

- Fill in the planning template.
- Link to [the planning template](#) (UKK Institute: Plan for increasing physical activity or sleep)