

Warm Up

- What is the connection between physical, mental/emotional, and social health and fitness?

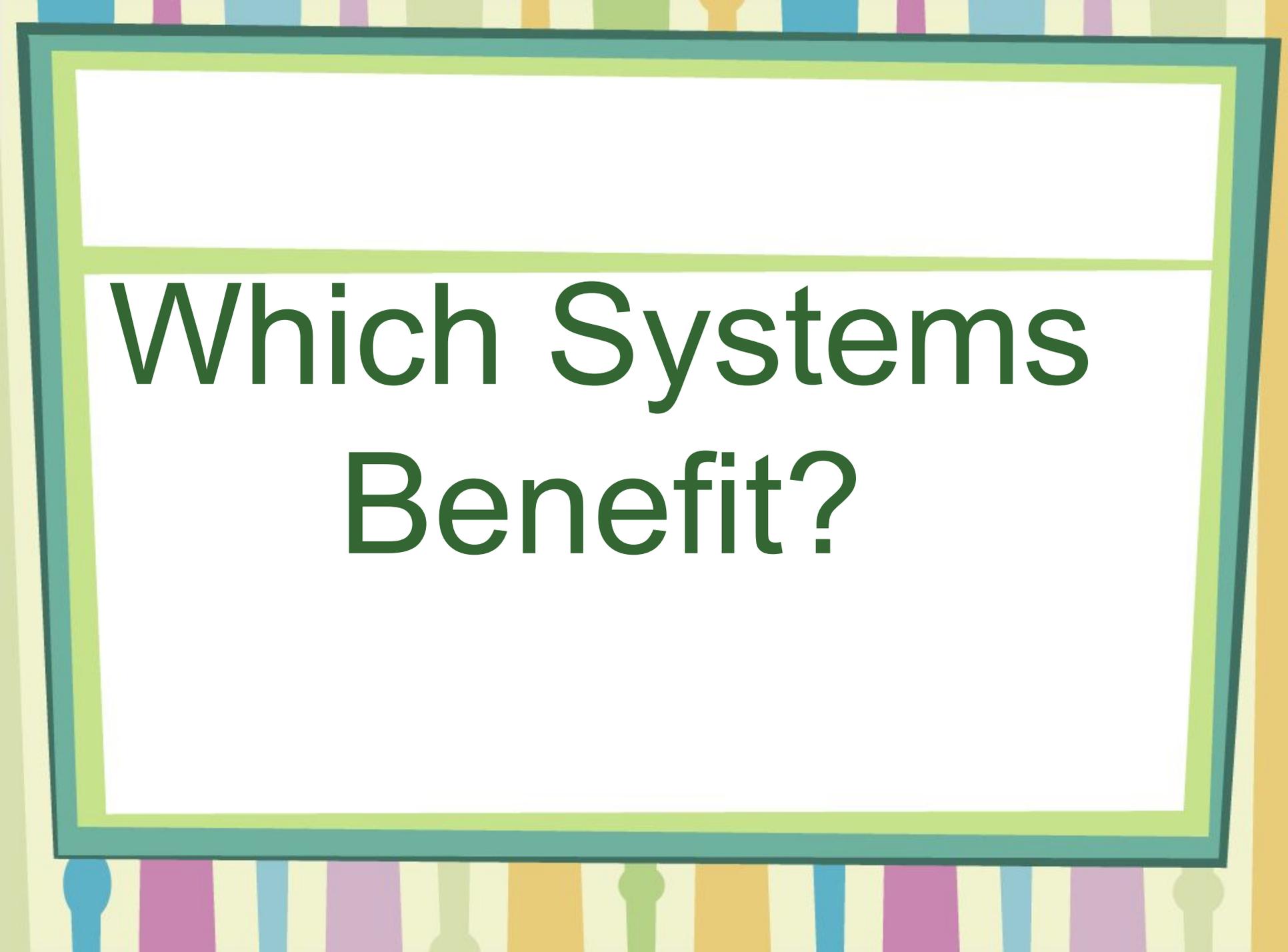
Essential Standard

- 8.NPA.4 - Analyze plans for lifelong nutrition and health--related fitness to enhance quality of life.

Clarifying Standard

- 8.NPA.4.3 – Summarize the benefits of regular physical activity.

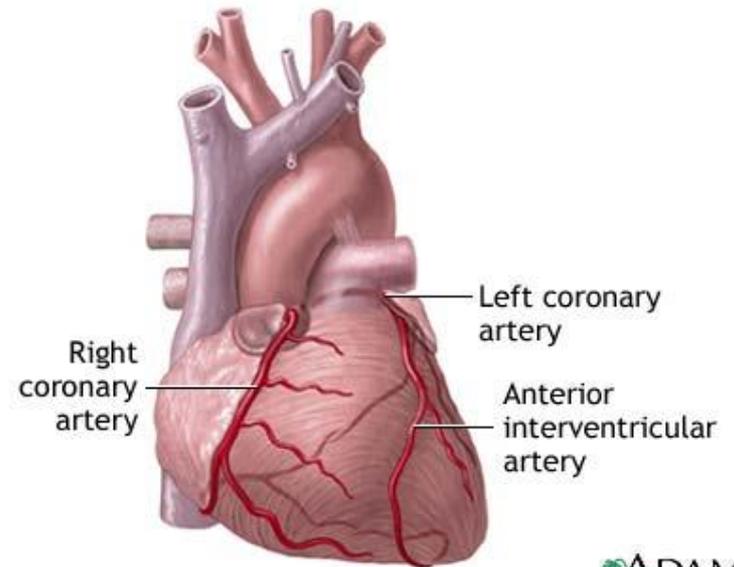
Prezi



Which Systems
Benefit?

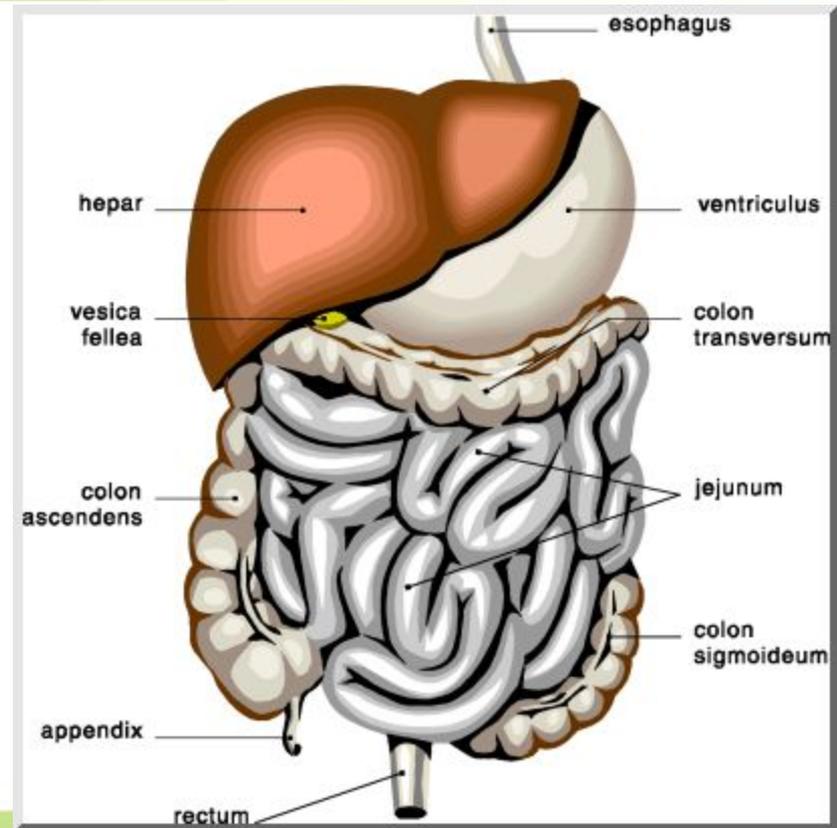
Cardiovascular

1. Makes the heart a more efficient pump (more blood circulated with each heartbeat).
2. Reduces obesity which could put a strain on the heart.
3. Lowers blood pressure and cholesterol and therefore helps prevent atherosclerosis.



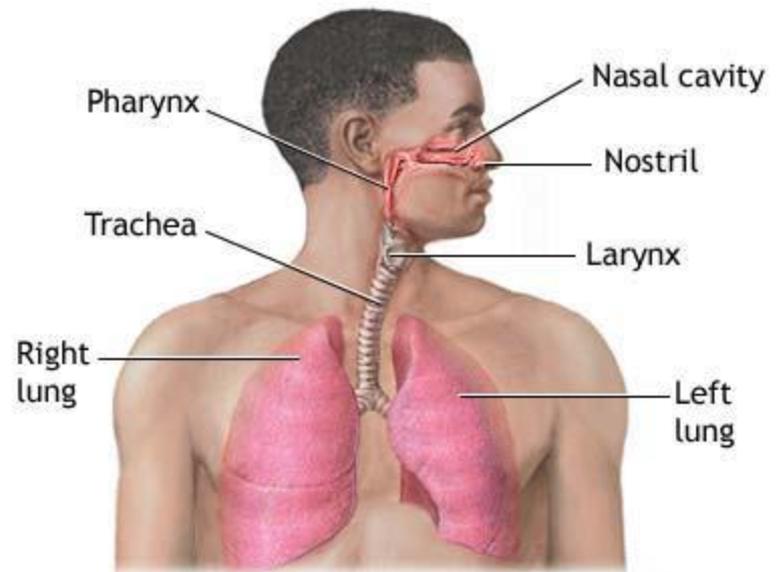
Digestive

- Helps achieve muscle tone in lower digestive system and increases regularity of elimination of solid wastes.
- Speeds up metabolism.



Respiratory

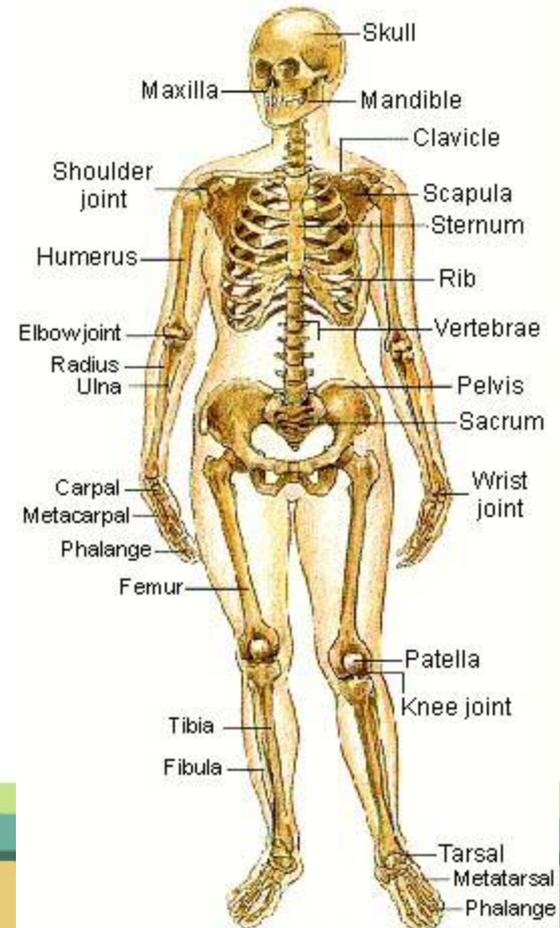
- Increases efficiency of exchange of oxygen and carbon dioxide.
- Increases lung capacity.



ADAM.

Skeletal

- Strengthens bones and decreases incidence of osteoporosis.



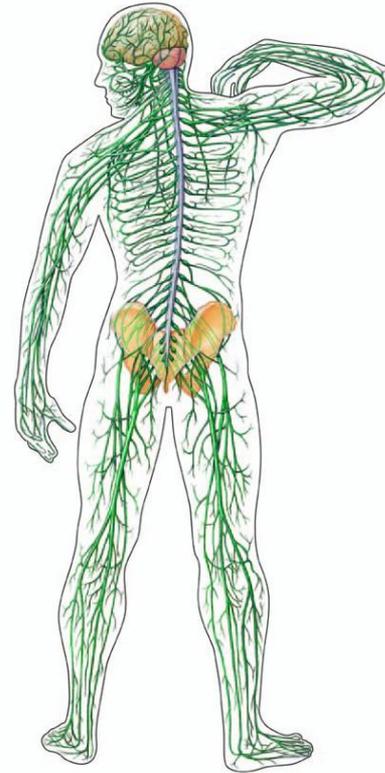
Muscular

- Helps prevent injury by keeping muscles, tendons, and ligaments flexible and strong.



Nervous

- Movement helps keep the brain healthy and alert.



Reproductive

- Pregnant women are able to give birth more easily if physically fit.
- Symptoms of PMS are reduced.

Endocrine

- Physical activity assists with release of endorphins “feel good hormones” from the pituitary gland.
- Helps reduce type II diabetes.

Benefits of Physical Activity

Physical, Social,
and Emotional

Really Big Numbers

250,000

- Represents the number of premature deaths in the US associated with having a sedentary lifestyle

1,900,000

- Represents the number of premature deaths worldwide associated with having a sedentary lifestyle

\$150,000,000,000

- \$150 Billion
- Represents the costs of Americans who live a sedentary lifestyle. This includes direct costs such as medical care and indirect costs such as lost work.

Physically active people live longer, healthier lives.

People who get a good workout almost daily can add nearly four years to their lives.

People who are physically active have fewer diseases.

- a. Less heart disease
- b. Less obesity
- c. Less diabetes
- d. Less colon cancer
- e. Lower blood pressure and cholesterol
- f. Fewer colds and respiratory illnesses

Physically active people have other physical benefits.

- a. Fewer sprains, strains
- b. Better posture
- c. Better balance (less likely to fall)
- d. Less fatigue
- e. More energy
- f. Better able to sleep and rest

Physically active people have emotional benefits.

- a. Higher self-esteem
- b. More positive body image
- c. Less depression
- d. Less stress or more manageable stress
- e. Less anxiety

Being physically active can improve social well-being.

- a. Opportunities for friendship in team and dual activities
- b. Potential to meet others
- c. Promotion of sportsmanship through sport
- d. Opportunities for shared fun, competition, and camaraderie



Be an Advocate!

North Carolina has adopted the National Health Education Standards within the Health curriculum. One of the skills is: *The students will demonstrate the ability to advocate for personal, family and community health.* In the left column in the matrix below, is a list of specific healthful living skills which students should be able to do by the end of eighth grade. Consider how you can be an advocate for regular physical activity by accomplishing the specific skills in the left-hand column.

Healthful Living Skill	How Will You Advocate for Physical Activity for Yourself, Family or Community?
8.8.1. State a health enhancing position on a topic and support it with accurate information.	
8.8.2. Demonstrate how to influence and support others to make positive health choices.	
8.8.3. Work cooperatively to advocate for healthy individuals, families, and schools.	
8.8.4. Identify ways that health messages and communication techniques can be altered for different audiences.	

Scenario

- A school system has proposed eliminating required and elective physical education in middle and high school for 2 reasons:
 - Saving money on the construction of new schools by not having a gym
 - Reassigning instructional time to the tested subjects (math, science, and language arts)

Assignment

- You are an editor of the school paper and you are going to write an editorial to save physical education
 - Provide positive reasons
 - Must include physical, mental/emotional, and social benefits of physical activity

Does Your Editorial on the Benefits of Physical Activity Meet These Objectives in English and Language Arts?

Comment on whether the editorial describes the benefits of physical activity AND is persuasive based on the following criteria.

3.03 Evaluate and create arguments that persuade by:

Understanding the importance of the engagement of audience by establishing a context, creating a persona, and otherwise developing interest.

Noting and/or developing a controlling idea that makes a clear and knowledgeable judgment.

Arranging details, reasons, and examples effectively and persuasively.

Anticipating and addressing reader/listener concerns and counterarguments.

Recognizing and/or creating an organizing structure appropriate to purpose, audience, and context.