Track Your PA Every Day

Materials	Paper, pencil, ruler
Learning Outcome	Recognize physical activity intensity levels and track your personal physical activity levels and minutes active.

Description

Explain to the child that we often use what is called a benchmark which is a tool used to assess how we are doing in certain aspects of our lives. A tracking system can be used to collect information for the benchmark. Challenge the child to track their physical activity for 3 days to develop their own benchmark for how active they are and their level of physical activity. Discuss the following physical activity intensity levels:

ACTIVITY LEVEL	INTENSITY LEVEL	DESCRIPTION
Inactive	Sedentary	Little or no movement with slow breathing (e.g., sitting)
Light	Low	Some movement with normal breathing (e.g., walking)
Moderate	Quite a bit	Quite a bit of movement with increase in breathing and may cause you to sweat (e.g., biking)
Intense	Vigorous	Lots of movement and effort. Makes your heart beat and breathing rate faster and causes you to sweat (e.g., sprinting)

Support the child with creating a physical activity tracker using a piece of paper. With a ruler, draw the following chart and label it:

		How Active Was I? Put a check mark under the activity level			
Time of Day *Half hour intervals*	What was I doing? *Description of activity*	Inactive	Light	Moderate	Vigorous

Invite the child to fill out the physical activity tracker for the next 3 days. After the 3 days, tally the amount of check marks in each activity level column and total the amount of minutes spent at each level.

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According to <u>Canadian Physical Activity Guidelines</u>, children should accumulate at least 60 minutes of moderate to vigorous-intensity of physical activity each day.

If the child is accumulating this amount of physical activity, discuss how they are doing it and how they can continue to maintain this level. If the child is not accumulating this amount of physical activity, recognize that it may be difficult to achieve this given the current situation.

Brainstorm creative ideas to increase their minutes of daily physical activity during this time. Encourage the child to refer back to the physical activity tracker as needed or create one another week and compare the two.

Physical Education Competencies

MOVE
Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.

THINK
Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.

FEEL
Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.

ACT
Practice behaviour skills and strategies that facilitate movement competence and confidence.

Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

- *Was it helpful to see your physical activity levels and the time you were active written down? Why or why not?*

- *What other aspects of your health and wellness could you track?*

Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Complete the activity in a space with minimal distractions.	The child chooses a movement to do each day (e.g., running on the spot, arm circles, jumping jacks, etc.) and talks about how their body feels after doing the movement (e.g., heart beating faster, breathing hard, etc.).	Create the physical activity tracker on poster board and use heart cut-outs to show the different activity levels.	Another individual draws the chart for the child and supports the child to complete fill out the chart each day.

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