

## **Mini lesson 2- P.E.**

**Grade Level-** 4<sup>th</sup> Grade

**Curriculum-** Physical Education-Health

**Topic of the Lesson-** Health-Important of living a healthy lifestyle

**Standard-** PEL.4.4.1 Categorize physical activities into health benefits

**PEL.3.4.4** Understand that the Body Mass Index (BMI) is a height/weight ratio that can be affected as a result of nutrition, exercise practices, and growth

**Tools being used-** PowerPoint, Inspiration, laptop/iPad

**Synopsis of lesson-** Students will work in a group to create a PowerPoint presentation to present to the class. They will use Inspiration to create a graphic organizer to organize their presentation before they make it. The purpose of the presentation will be to explain the health benefits of daily exercise and nutritional eating. They will be required to provide examples of healthy eating choices, as well as the recommended exercise time that a child their age should complete in a day. They will then talk about the many benefits that come from living a healthy lifestyle. Then talk about the health risks that come along with living an unhealthy lifestyle. The PowerPoint needs to be organized and have several pictures to help students visualize the food, or exercise. The inspiration assignment will be turned in before they can begin to work on the PowerPoint portion of the assignment. The Inspiration assignment need to clearly outline the groups talking points and the main idea of their presentation. Each student in the group will have a specific role. Student 1 will be the facilitator- they will lead the discussion and keep the group on task. Student 2- will be the recorder, they type the information into Inspiration and PowerPoint. Student 3- will be the time keeper, they will keep track of time.