

Train Like An Athlete

Grade Level(s)

4-7

Subject Area(s)

Physical Education

Links to Vancouver 2010 Education Program Component(s)

Sports and Healthy Living

Activity Description

First, the teacher will give a lesson on the four food groups and the benefits of exercise (weight loss, increased endurance, management of heart disease risk factors, etc.). Mention to students that Olympic athletes follow a strict diet and daily exercise routine. They can't let themselves eat junk food or miss a training session.

Students will fill out a food and training log book with exact details. In other words, they will write down what they eat and the time spent doing physical activity each day.

After a week, students will study their log books and will identify improvements that can be made to eat better while doing enough exercise to stay in shape. They will make a second diet plan according to what they have noted.

Learning Outcomes

The Olympic Games illustrate the effort and work required by athletes to be able to enter a competition against the best athletes in the world. Their routine includes eating healthy and regular and scientific training.

Students will be able to:

- explain the benefits of healthy eating and physical activity.

Resources Needed

Athlete's eating and exercise schedule (optional)

Pencils

Paper

Duration of Activity

One to two periods of 50 minutes and one homework activity to be done over the course of a week (daily note taking on food and physical exercise)



Cognitive and Affective Domains

Cognitive – Knowledge, Understanding

Affective – Receiving, Responding

Assessment Strategy

Evaluate participation, collaboration, and team work.

