

PHYSICAL ACTIVITY AND 5-2-1-0

OBJECTIVES:

- Understanding what 5-2-1-0 means and why each number is important

LET'S GET STARTED! (10 MINUTES):

- Go through and discuss what each part of 5-2-1-0 means
- Explain the importance of each part and how they help guide the students to live a healthier lifestyle

STORY (15 MINUTES):

- Read the story about Boss understanding the importance of being physical active

WRAPPING UP (5 MINUTES):

- Review what 5-2-1-0 means and its importance, as well as why physical activity is a main component in staying healthy

SC STANDARDS:

- Use analog and digital clocks to tell and record time to the hour and half hour

LET'S GET STARTED!

- This week's topic is going to be on 5-2-1-0! Ask the students if anyone has ever heard of 5-2-1-0, and if so, ask if they know what the numbers stand for
- Begin explaining what each of the numbers in 5-2-1-0 stand for, why they are important, and how they can be used as a guide to having a healthier, more active lifestyle

DIALOGUE BOX

- 5-2-1-0 is a tool that you can all use to help guide you to having a healthier and more active lifestyle! Each number serves as a reminder of something important that you should remember during the day!
- The 5 stands for 5 fruits or vegetables! This means that you should have at least 5 fruits and/or vegetables every day!
- The 2 stands for 2 hours of screen time. Does anyone know what screen time is? Screen time means the amount of time you spend watching television, playing video games, or doing something on a computer or tablet! This time should be limited to only two hours per day when it comes to 5-2-1-0!
- The 1 stands for 1 hour of physical activity per day! Staying physically active is extremely important when it comes to being healthy, and can include anything that gets your body moving! Playing sports, running on the playground, walking to school, or even walking your dog are all great examples of ways to stay physically active!
- The 0 stands for 0 sugary drinks during the day! This would include any soda, juice, fruit juice, sports drink, and flavored milk, like chocolate, vanilla, or strawberry. The best option is to drink water and low-fat milk during the day rather than any drink that may have artificial sugar in it.
- 5-2-1-0 is important because it helps remind you of some ways to increase your physical activity and stay healthy.
- Does anyone have any questions on 5-2-1-0 so far?

STORY

- Read the story about Boss understanding the importance of being physically active when it comes to staying healthy
- Have students fill out the worksheet on telling time

WRAPPING UP

- Ask students if they can remember what 5-2-1-0 stands for and what each individual number means, as well as why it is important to stay active
- Ask students to share what they do to stay healthy; do they play sports, run around outside, walk their dog, etc.

BOSS' FUN FACTS

To burn off one sugary soda, you would have to walk for close to 45 minutes! And that is just for one soda! If you drink more than one soda per day, then that time would double, or even triple!



Staying Physically Active

Boss has been trying really hard to eat healthy well-rounded meals ever since his friends had been teaching him about nutrition and how to properly eat to fuel your body! He sometimes has days where he eats some chips or a few pieces of candy, but other than that, he has been keeping his promises to stay healthy! One night before he was going to bed, his buddy Sally called him to ask some questions about their math homework. They talked for a couple of minutes on how to solve the problems, and then Boss started telling him how well he had been doing on eating healthy! He said, "You would be so proud of you knew how healthy I have been eating lately! I have had tons of fruits and vegetables, as well as staying away from processed foods that are not good for me! Not only have I been eating better, but I feel better! I am able to make it through the day energized, and do not get as tired as I used to!" His friend excitedly said, "That is so awesome Boss! I am Glad to hear that you have been eating better and that you feel better! How has your physical scup its and exercising been going?" Slightly confused, Boss said, "What do you mean by physical activity?" His buddy replied, "Physical activity means you are staying active and getting some exercise during the day to keep you even more healthy than you already are!" Boss asked, "What counts as physical activity? I play sports and run around with my dog outside? Would either of those count?" Sally exclaimed, "Oh yes those both count as physical activity! It could be playing soccer, running around with your dog, or even just walking your dog! It is anything that keeps you active and burns calories in the mean time! Something as simple as walking around the track during gym or playing basketball in your driveway counts as physical activity!" Boss was very glad to hear that and asked, "Well, why is it so important to get physical activity? I'm eating better which is making me healthier, but I didn't know you should be active too?" His friend replied, "Physical activity is another great way to stay healthy and keep your body moving! to have the best health you can possibly have you need both physical activity and you have to eat healthy! When you exercise and stay active, you're helping your heart pump blood in and out the right way, and help blood flow in your veins!" boss had no clue that staying active and having physical activity was so important to having a healthy body! He said, "I am so glad you told me about this! I am also glad to hear that walking my dog can count as physical activity! I am going to start walking him now more often too!"



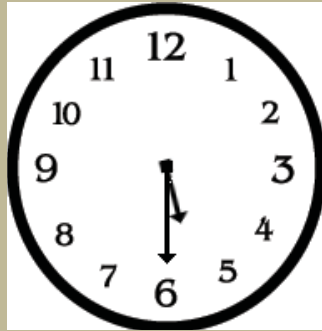
USE ANALOG AND DIGITAL CLOCKS TO TELL AND RECORD TIME TO THE HOUR AND HALF HOUR

Boss has soccer practice at:



What is the time:

Boss walks his dog at:



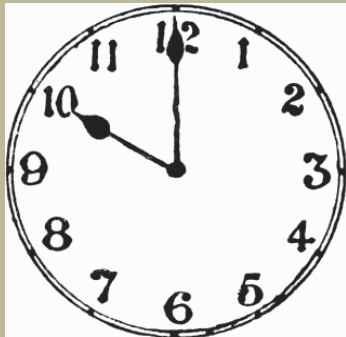
What is the time:

Boss walks his dog in the morning at:



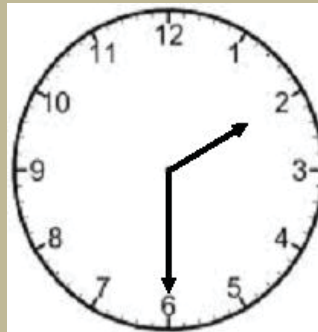
What is the time:

Boss plays basketball at:



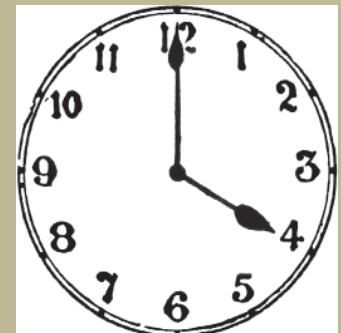
What is the time:

Boss plays hide and seek at:



What is the time:

Boss rides his bike at:



What is the time: