

CHOOSING PHYSICAL ACTIVITY



At a glance

- What are the health benefits of playing Rugby or doing other physical activity?
- What are the Australian Physical Activity and Sedentary Behaviour Guidelines?
- How well do students meet the guidelines?
- What is the link between physical inactivity and non-communicable disease?
- What are some local, regional, state/territory and national physical activity campaigns?
- What physical activity initiatives / campaigns could work at your school?

OVERVIEW

Australian rugby union supports the federal government's 'australia's physical activity and sedentary behaviour guidelines' through junior sport and education programs. In this learning experience students explore the health benefits of rugby and other physical activities, reflect on their own levels of physical activity and sedentary behaviour, learn about the national guidelines, discuss the links between physical inactivity and non-communicable diseases and research various physical activity campaigns and their effectiveness.

LEARNING AREA

- Health and Physical Education

FOCUS AREA

- Health benefits of physical activity
- Strand: Personal, social and community health
- Sub-strand: Being healthy, safe and active (ACPPS018; ACPPS036; ACPPS054; ACPPS073)
- Sub-strand: Communicating and interacting for health and wellbeing (ACPPS021; ACPPS039; ACPPS057)
- Sub-strand: Contributing to healthy and active communities (ACPP006; ACPPS058)
- Strand: Movement and physical activity
- Sub-strand: Understanding movement (ACPMP010; ACPMP046)

GENERAL CAPABILITIES

- Literacy: Comprehend texts through listening, reading & viewing
- Personal and social capability: Self awareness
- ICT capability: Investigating with ICT
- Numeracy: Estimating and calculating with whole numbers; Interpreting statistical information

STIMULUS

- PowerPoint Presentation – ready to use!
- Australia's Physical Activity & Sedentary Behaviour Guidelines
- A Healthy Active Australia
- World Health Organisation

POSSIBLE LEARNING OPPORTUNITIES / TASKS

- Look at the Rugby players in the photos and discuss what benefits (social, health, emotional) they may be getting from playing Rugby.
- Look at the list of benefits of being physically active. Did you know most of these?
- Discuss whether you're mostly physically active or physically inactive.
- Look at Australia's Physical Activity and Sedentary Behaviour Guidelines and discuss why these might have been developed and who might meet the guidelines.
- Clarify definitions for physical activity, moderate intensity and vigorous intensity physical activity.
- Use the Physical Activity Diary to review what you do in a day or week and discuss how your results might compare to other students, parents, teachers, professional Rugby players etc.
- Discuss the link between physical inactivity and lifestyle (non-communicable) diseases – and how much of an issue physical inactivity might be at your school.
- Discuss the impacts of any local, state, national or international campaigns to promote physical activity and healthy lifestyles. Does the use of famous people change people's behaviours?
- Plan ideas for a physical activity campaign.

REFLECTION

Discuss the importance of physical activity for being healthy and active. Determine the importance of physical activity information and health campaigns as strategies to promote health and well-being.

EXTENSION IDEAS

- Represent class physical activity levels using a visual text e.g. drawing, bar or pie graph.
- Think about common excuses people might use to not do physical activity and possible solutions.
- Research A Healthy Active Australia.
- Discuss excuses people might give for not doing physical activity and possible solutions.
- Health awareness campaign toolkit basics.

WORKSHEETS

- LP - Mix and match – Benefits of playing Rugby
- MP - Did Wally do enough physical activity?
- UP - Fill in the gaps – Help other kids get active

ASSESSMENT IDEAS

- LP - Keep a physical activity diary for a week and meet the national guidelines.
- MP - Develop a physical activity initiative.
- UP - Develop a physical activity campaign.