

Graph The Activity

K-2

M . 5 . 1

Objectives

Students will be able to:

- Name different examples and benefits of physical activity.
- Recognize the daily recommended amount of physical activity.
- Organize data to create a bar graph with single-unit scale

Standards Met

- **MD.C.4.** Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another.
- **MD.D.10.** Draw a picture graph and a bar graph (with single-unit scale) to represent a data set with up to four categories. Solve simple put-together, take-apart, and compare problems.

Overview of Physical Activity

Did you know? Playing sports is not the only thing that counts as being active. Other types of physical activity include biking, walking, playing games like tag, taking the stairs, doing chores, gardening, dancing, and more.

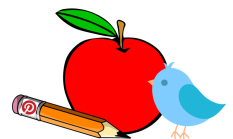
Physical activity involves any body movement that uses energy. Being physically active provides many benefits to our health: it helps maintain a healthy body weight; it strengthens our bones and muscles; it improves our mood and mental health; it reduces risks of developing chronic diseases like heart disease, diabetes and even cancer; and it increases our chances of living a longer life. General physical activity guidelines recommend 60 minutes of physical activity a day for children and 150 minutes a week for adults.

In order to achieve these goals, the **Healthy People 2020** guidelines recommend:

- Increase regularly scheduled elementary school recess in the United States
- Limit screen time (television, videos and video games) to 2 hours a day
- Increase the proportion of trips made by walking
- Increase the proportion of trips made by bicycling

For more information on physical activity, go to:

www.mentorprojectfiu.com



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Make The Connection

Materials

- Worksheet: “Graph The Activity” for Grades K-2

Using the worksheet titled “**Graph The Activity**” for Grades K-2, help students learn the recommended amount of physical activity per day while practicing time conversion and graphing skills.

1

Begin discussing physical activity by asking the students what they think it means to be physically active. Ask them to provide examples of physical activities and write them down on the board. Encourage them to think outside of the box. Physical activity can include exercise, sports, dancing, games like hide-and seek and even chores like walking the dog, gardening, or helping parents clean around the house.

Talk to your students about the benefits of being physically active. Explain that moving their body is just as important as eating fruits and vegetables. Being active not only helps the body stay healthy and become stronger, but it also makes you feel happy. Let your students know the recommended amount of physical activity for children their age is 60 minutes every day.

2

After talking about physical activity, redirect your students’ attention to a math lesson involving time conversion and graphing. First, teach your students about time. Explain to them that there are 60 minutes in one hour, 90 minutes in an hour and a half, 120 minutes in two hours, and so on. Write these numbers on the board and leave them for reference.

Then, teach your students how to make a simple bar graph. Give them a small set of data (Ex. a group of children with different amounts of apples) and draw a bar graph on the board to represent the data. Make sure to review the important elements of a bar graph like the title, axes labels, categories, and scale.

3

Lastly, merge the math and physical activity lessons by introducing the “**Graph The Activity**” worksheet for Grades K-2.

Review the activity as a class and guide the students through the assignment. Answer any questions the students may have.



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Bar Graph

K-2

1) Read the given information.

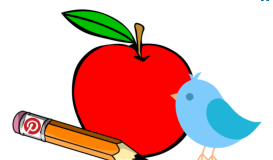
Carlos has soccer practice and he plays with his team for one hour and thirty minutes.

Michelle loves gymnastics and today she practices for one hour.

Sally is taking her dog on a thirty minute walk around the park.

Lee and his friends play hide-and-seek for almost two hours.

Maria's favorite hobby is dancing and she dances for forty-five minutes every day.



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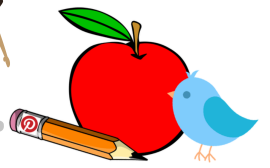
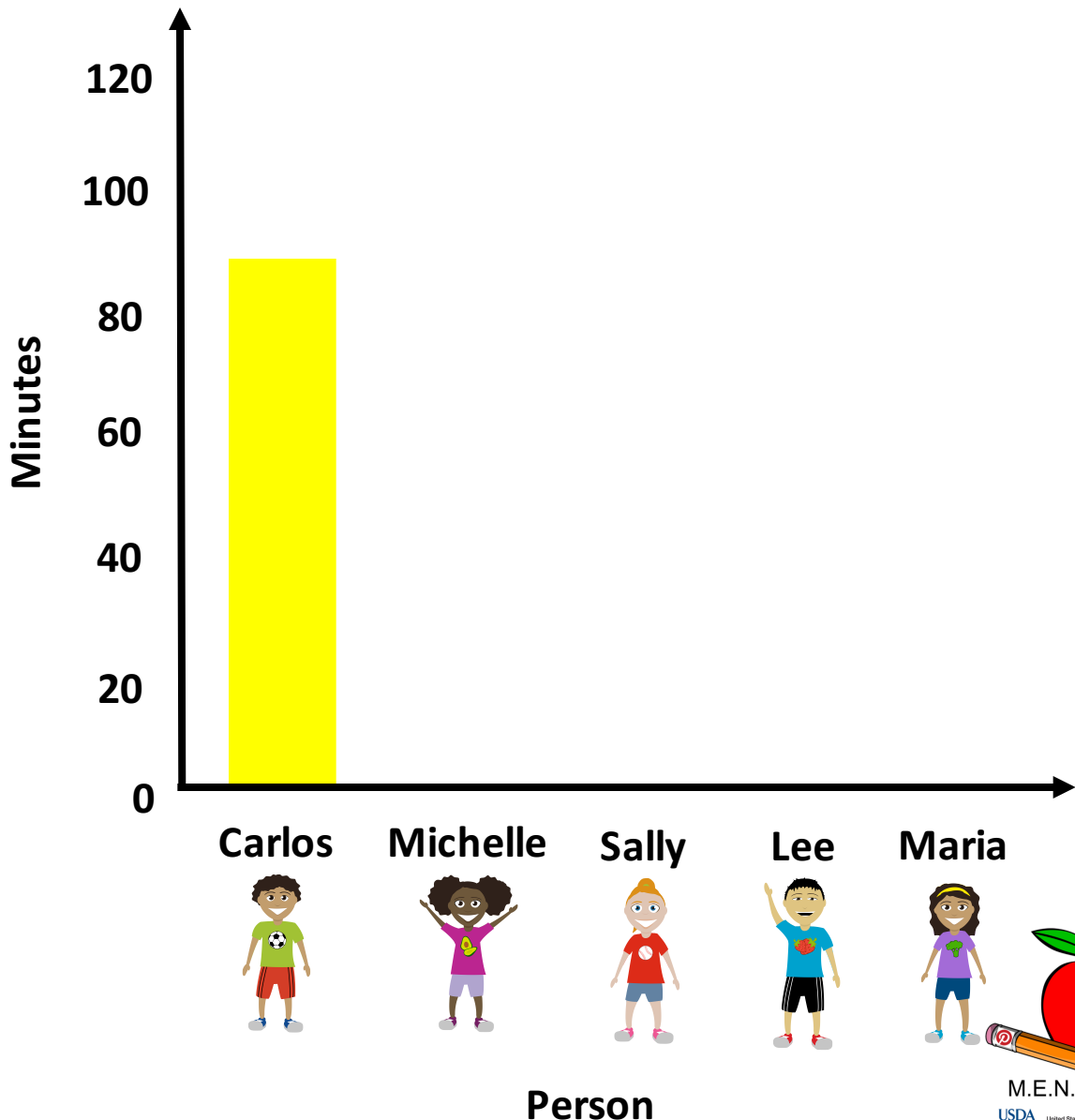
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Bar Graph

K-2

2) From what you just read, make a bar graph. Make a bar showing how many minutes each person is being physically active.

Physical Activity Graph



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Bar Graph

K-2

3) Based on the bar graph, answer the questions below.

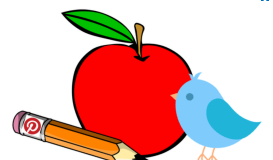
1) Who is being physically active?

2) If kids should be active for 60 minutes every day, who is achieving this goal?

3) Who has not achieved the 60 minute goal?

4) Who is the most active of the group?

5) Give three examples of other games Lee and his friends could play to be physically active.



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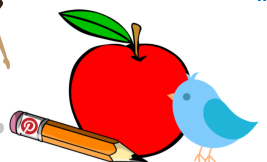
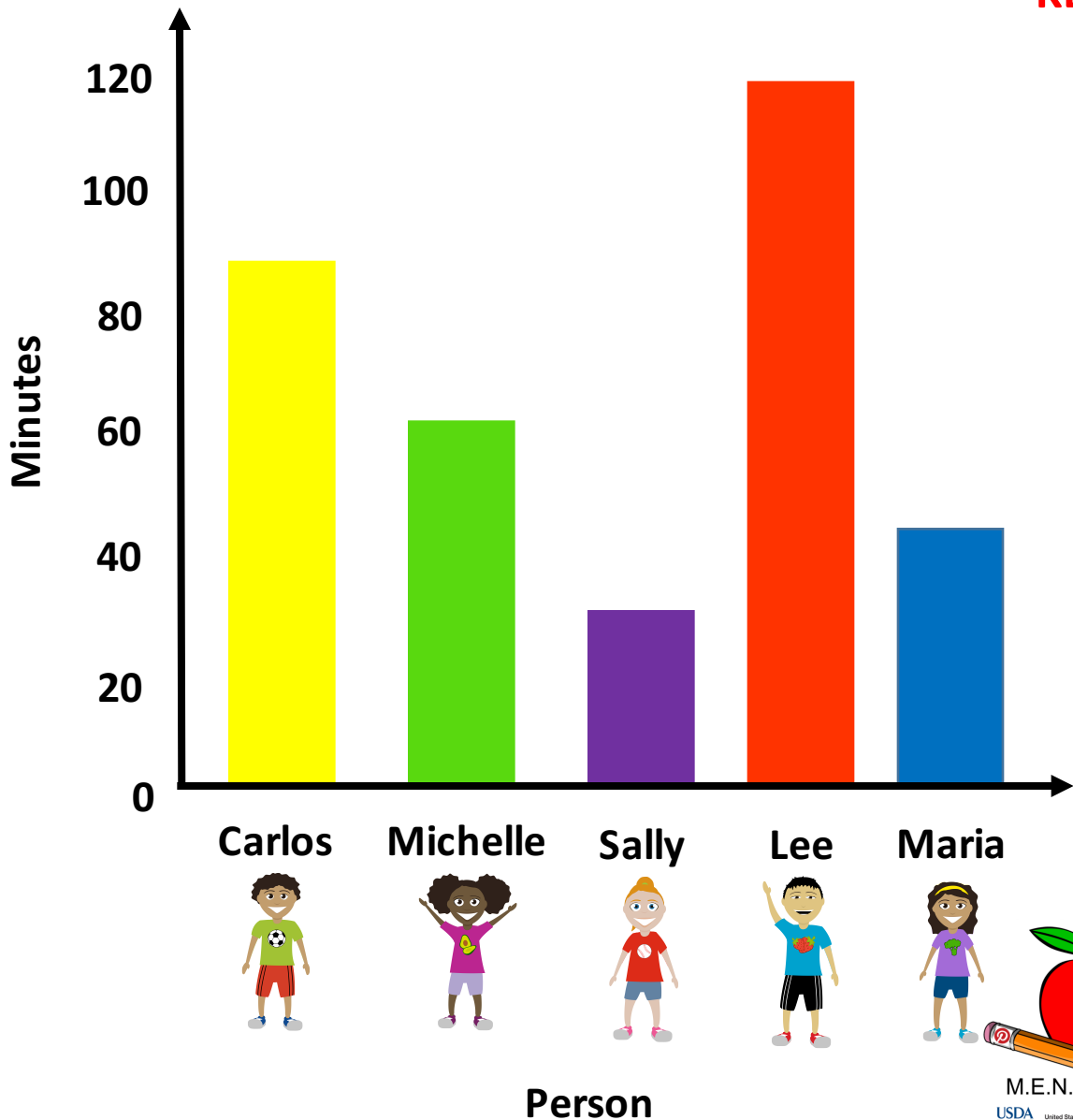
Bar Graph

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2) From what you just read, make a bar graph. Make a bar showing how many minutes each person is being physically active.

**ANSWER
KEY**

Physical Activity Graph



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Bar Graph

ANSWER KEY

K-2

3) Based on the bar graph, answer the questions below.

1) Who is being physically active?

Carlos, Michelle, Sally, Lee and Maria.

2) If kids should be active for 60 minutes every day, who is achieving this goal?

Carlos, Michelle and Lee.

3) Who has not achieved the 60 minute goal?

Sally and Maria.

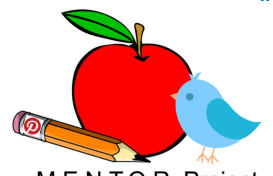
4) Who is the most active of the group?

Lee.

5) Give three examples of other games Lee and his friends could play to be physically active.

Tag, catch and kickball.

Note: any game involving physical activity is valid



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