

Let's Play!

3-5

E.5.2

Objectives

Students will be able to:

- Name different styles of physical activity
- Identify benefits of being physically active.
- Explain the elements of persuasive writing.

Standards Met

- **1f.** Explain the influence of nutrition and physical activity on health.
- **C.10.** Writing literary and informational texts to present, describe, and explain ideas and information, using appropriate technology.
- **W.4.4.** Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

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.

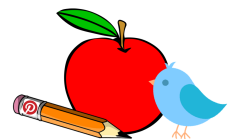
Physical activity involves any body movement that uses energy. Being physically active provides many benefits to our health: it helps maintain a healthy body weight; it strengthens our bones and muscles; it improves our mood and mental health; it reduces risks of developing chronic diseases like heart 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



Make The Connection

Materials

- Worksheet: Let's Play! For grades 3-5

Using the worksheet titled **“Let’s Play!” for Grades 3-5**, help students learn the different ways one can be physically active and the benefits of moving the body.

Begin discussing physical activity by asking the students what they think it means to be physically active. Ask students to provide examples of physical activities and write examples on the board. Encourage students 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. Being active not only helps the body stay healthy and become stronger, but it also makes you feel happy. There are many different ways to be physically active and it never has to be boring.

REMEMBER children should participate in 60 minutes of physical activity every day. **For more information on physical activity, please visit:**

www.mentorprojectfiu.com

1

After discussing different types of physical activities and the health benefits associated with being active, talk to your students about persuasive writing.

Explain the meaning persuasive writing and explain its components: an introduction stating the writer’s position, at least three reasons supporting the position, and a conclusion that ties together the writer’s opinion and supporting evidence.

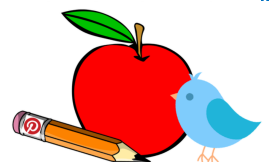
2

Practice the skill orally by asking the students to make short, convincing speeches of why they think it is important to be physically active.

Lastly, do an overview of the **“Let’s Play!” for Grades 3-5** worksheet.

Explain the activity and guide the students through the persuasive writing skill assignment.

3



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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2015-69001-23241

Name: _____ Date: _____

Let's Play!

3-5

- 1) Use the template below to write a persuasive letter. Try to convince your friend to play an active game with you at the park. Talk about why you think being active is important.

Dear, _____ (your friend's name)

Topic sentence: What do you want your friend to do?

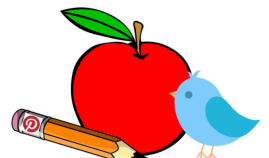
Supporting sentences: Why should your friend play with you?

1.

2.

3.

Conclusion: Summarize your story.



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Name: _____ Date: _____

Let's Play!

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- 1) Use the template below to write a persuasive letter. Try to convince your friend to play an active game with you at the park. Talk about why you think being active is important.

**Answer
Key**

Dear, Lee (your friend's name)

Topic sentence: What do you want your friend to do?

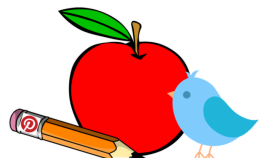
I would like you to come play tag with me at the park.

Supporting sentences: Why should your friend play with you?

- You should come play with me because we would laugh and have a lot of fun.
- Also, playing tag helps our bodies get super strong, healthy, and happy.
- I think it is important to play at the park because I want both of us to be happy.

Conclusion: Summarize your story.

Lee, I would like you to play tag with me so that we can have fun and grow strong!



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