

Comparing and Contrasting Caloric Expenditure for Physical Activities

Grade Level: 6th-8th grade

Curriculum Outcomes:

Health 1: Compare and contrast caloric expenditure for a variety of physical activities.

Lesson Objectives:

1. Understand the concept of caloric expenditure and its importance for maintaining a healthy lifestyle.
2. Compare and contrast the caloric burn of various physical activities.
3. Analyze the impact of different factors, such as intensity and duration, on caloric expenditure during physical activities.
4. Encourage critical thinking and data interpretation skills.

Duration: 1 class period (45-60 min)

Materials:

1. Whiteboard or interactive display
2. Chart or handout with a list of physical activities and their respective caloric expenditure per hour (pre-prepared by the teacher)
3. Calculator (one for each student or group)

Procedure:

- A. Introduction: (10 mins)
 - Begin the lesson by discussing the importance of physical activity for overall health and well-being.
 - Introduce the concept of caloric expenditure and explain that it refers to the number of calories burned during different physical activities.
 - B. Activity (20 mins)
 - Divide the class into small groups.
 - Provide each group with the chart or handout listing various physical activities and their corresponding caloric expenditure per hour.
 - Instruct students to compare and contrast the caloric burn of different activities within their groups. Have them identify high-intensity activities, moderate-intensity activities, and low-intensity activities.
 - Ask students to discuss the factors that might affect caloric expenditure during these activities, such as individual weight, age, and effort level.
 - C. Data Analysis: (15 mins)
 - Reconvene the class and have each group share their findings and observations.
 - Lead a class discussion to compare and contrast the caloric expenditure of different physical activities.
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- Explore the reasons behind the variations in caloric burn between activities and discuss the importance of intensity and duration in determining caloric expenditure.
- D. Critical Thinking Exercise: (optional - 15 mins)
- Provide a scenario where a student is deciding between two physical activities with different caloric expenditure rates. Ask the class to analyze which activity would be - more effective in burning calories and discuss the factors influencing their decision.
 - Encourage students to think critically about the impact of combining different activities to achieve their fitness goals.

Conclusion:

- Summarize the key takeaways from the activity, emphasizing the importance of regular physical activity for maintaining a healthy lifestyle.
 - Reinforce the concept of caloric expenditure and its relationship to intensity and duration during physical activities.
 - Encourage students to be mindful of their activity choices and consider incorporating a variety of physical activities into their daily routines.
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