



PE/Health Virtual Learning

6th/PE Health
Positive Bingo

April 17th, 2020



6th/PE/Health
Lesson: [April 17th, 2020]

Objective/Learning Target:

LT1- I can explain the concepts of social, mental, emotional, and physical health.

NASPE Standard:

Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. (S5.M2.6)



April 17,2020

Objective:

Students will be able to identify positive components of a healthy lifestyle through the use of various physical and nutritional activities.



Essential Question:

What are some components that contribute to a healthy lifestyle?



Resources used in this lesson:

- You will need the chromebook you checked out from school or a computer at home
- You will need a couple of sheets of paper (blank, notebook, or Cornell notes paper)
- You will need to take a look at the Bingo table in order to be able to perform the physical and nutritional activities
- You will need a pair of dice or a couple of coins to toss/roll onto your Bingo table



Practice: Quickwrite

Get a piece of paper and write down a list of your own answers to the Essential Question:

What are some components that contribute to a healthy lifestyle?



Practice: Positive Bingo

Now get ready for the activity to see if your answers matched up to some of the answers on the Bingo Sheet.

Grab a piece of paper and draw a table like the one below. Make sure your table takes up most of the page. 8 boxes across, 3 boxes up and down.



Practice: Positive Bingo

Using your table you drew (8 boxes across, 3 boxes up and down) roll/toss your dice or coins so that they each land on a square of the table you drew.

Use the table on the next slide as a reference. The first row of boxes does not count remember-that is where the letters POSITIVE go. Example: If your die/coin lands in Row 2 Box 1 from the left, you must do that activity. Repeat again for your second die/coin and do the second activity. Repeat process 1 more time for a total of 4 activities to do!

P	O	S	I	T	I	V	E
Go for a 10 min walk/jog							



Positive Bingo Table

P	O	S	I	T	I	V	E
Go for a 10 min walk/jog	Drink at least 64 ounces of water a day	Add a green leafy vegetable into a meal	Do 2 sets of 10 tuck jumps Here's how Tuck jumps	Create a piece of artwork (draw, paint, color)	Tik Tok your favorite dance/song	List five things you are grateful for	Visit a park with your family
Do 2 sets of 20 second wall sits Here's how Wall Sit	Write a positive note to a friend or loved one	Jog in place during commercials on TV	Take a walk with family or friends after dinner	Eat protein with your breakfast Here's a list Healthy Breakfast Protein List	Learn something new today	Walk 5,000 steps today	List 3 things you love about yourself.



Summary

Now that you have done your 4 activities after rolling each die/coin twice, let's summarize how it went. Write your answers down.

What were the 4 activities you had to do that contributed to a healthy lifestyle?

Notice how a healthy lifestyle has to do with balancing social, mental, and physical activities, not just physical. Which activity was the most fun to you?

What is something that helps you stay positive and be stress free?