



PE/Health Virtual Learning

7th/8th Health

Enjoyment in Physical Activity

May 18, 2020



Grade/Course
Lesson: [May 18]

Objective/Learning Target:
Discusses how enjoyment could be increased in self-selected physical activities.

NASPE Standard (S5.M4.8)

Lesson Objective/Essential Question

EQ: Is enjoyment increased when an individual selects their own form of physical activity?

Objective: Students will be able to explain how enjoyment can be increased in self-selected physical activities.

Warm-Up Activity

Quickwrite:

Write a few sentences about your favorite form of physical activity to participate in. Explain what makes you enjoy this form of physical activity.

Practice

Self-selection- is the action of selecting something on your own

- In terms of our lesson and objective, this means an individual has the ability to choose their own form of physical activity that they want to participate in.

Do you enjoy physical activities that are picked for you or physical activities that you choose yourself more? Why?

Practice

A big goal of Physical Education is to introduce you to many different forms of physical activity, in the hope that you will find a few that you really enjoy doing and would choose to do outside of school.

It's very important to your overall physical and mental health to live a physically active lifestyle.

[Benefits of being physically active](#)

- **List at least 3 forms of physical activities that you have done in Physical Education class, that you would choose to do outside of school to stay active. Why do you find these 3 physical activities enjoyable?**

Practice

Autonomy- is the freedom or independence to make your own choices and actually making your own decisions

- **Benefits of autonomy or self-selection of physical activities:**
 - **Increased intrinsic motivation;** a person's internal drive to engage in a specific activity because it is naturally satisfying or enjoyable to them
 - **Increased happiness and engagement;** if you personally chose the activity that means you must enjoy doing

[Positive Effects of Autonomy in Physical Activity](#)

Self-Reflection

What is autonomy?

What are 2 benefits of autonomy in one's participation in physical activity? Can you think of anymore benefits?

Critical Thinking:

- Imagine you are explaining to someone why being able to self-select your own form of physical activity can be more enjoyable. Write 3-5 sentences explaining this subject.

Additional Resources/Ideas

[TED Talk- Intrinsic Motivation in Sport and Life](#)

[How Exercise Affects Your Mind and Body](#)