

 **MoveHealthy**
I am physically active every day.

30 ACTIVITY

Greater Than, Less Than, Equal To

GRADE LEVEL:
Primary

TIME:
30 minutes

GROUPING STRUCTURE:
**Small group/
cooperative**

SUBJECTS:
**Health
Science
Math
English Language Arts**
– listening, speaking and writing

 **Objective**
Students will order types of activity by intensity level by developing number expressions.

Materials/Preparation

➔ Classroom Materials

- Chart paper (ten pieces)
- Markers



➔ Downloadable Materials

www.nestleusa.com/healthysteps

- Healthy Steps for Healthy Lives MyPlate poster or handout



➔ Before the Activity

- Post poster and one piece of chart paper

Opening the Activity

1. Introduce the Healthy Steps for Healthy Lives MyPlate poster.

- The poster is a tool to help us learn how to think, eat, and move healthy.
- There are pictures, symbols, and messages that tell us about nutrition (which means eating healthy) and physical activity (which means moving healthy).
- The poster tells us, “Be physically active your way.”

2. Explain to students that they need to be physically active for at least 60 minutes every day. Physical activities are activities that require you to move your body.

3. Write the following number expression (i.e., number sentence) on the board. Can students interpret what the expression means?

- Running > Watching TV
- Ideal response: Running requires you to move your body more than watching TV



4. Tell students that they're going to do an activity that will help them remember the types of activities that count toward 60 minutes a day of physical activity. Build excitement by letting students know that later on in the activity, they will have a chance to write their own number expressions about moving healthy.

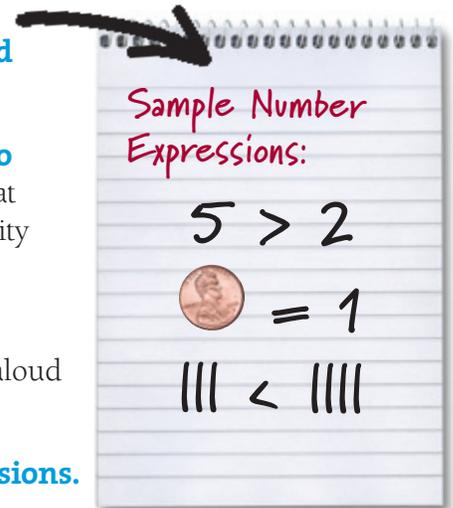


Vocabulary

- **Sedentary** – still, little or no bodily movement, heart rate does not increase significantly
- **Moderate** – active, medium bodily movement, heart rate increases
- **Vigorous** – very active, fast bodily movement, high heart rate

Leading the Activity

5. Ask students to name some things to do and chart. Circle the activities on the chart that require being physically active. These types of activities count toward moving at least 60 minutes every day.
6. Explain the words “sedentary,” “moderate,” and “vigorous.” Refer back to the charted activities to provide examples.
7. Write a few sample number expressions on the board and explain what they mean.
8. Explain to students that the objective of this activity is to create number expressions with the $>$, $<$, or $=$ symbols that show which activities require the most bodily movement (intensity level).
9. Model writing an activity intensity level number expression using two activities from the chart. Think aloud as you write.
10. Practice writing activity intensity level number expressions. Write a few examples on the board to complete as a class.
11. Have the students work in small groups to create a number expression.
- Divide the class into groups of three.
 - Give each group a piece of blank chart paper.
 - Turn the chart paper horizontally.
 - Students pick two of the charted activities.
 - Discuss the movement level required for each of the chosen activities.
 - Record the name of each activity on either side of the paper leaving room in between.
 - Draw a picture on the chart to represent each activity.
 - Write the correct symbol ($>$, $<$, or $=$) between the activities.
 - Practice reading your number expression together as a group.



- 12. Groups share number expressions with the rest of the class.** Students act out the activities on their posters as they read their number expressions.



Examples of correct activity intensity level number expressions

- Taking the elevator _____ Taking the stairs
Correct answer: < (because taking the elevator makes you move less than taking the stairs)
- Walking _____ Sitting while playing a video game
Correct answer: > (because walking makes you move more than sitting while playing a video game)
- Playing Soccer _____ Playing Basketball
Correct answer: = (because both of these activities make you move fast)



Closing the Activity

- 13. Ask students how much physical activity they need every day.**

- Ideal response: 60 minutes every day.

- 14. Ask students to recall the different levels of intensity.**

- Ideal responses: Sedentary activities have no intensity; Moderate activities have medium intensity; Vigorous activities have high intensity.

- 15. Ask students why it is important to know which activities are sedentary versus moderate or vigorous.**

- Ideal response: The 60 minutes of physical activity every day must be made up of both moderate and vigorous intensity levels; We should avoid being sedentary for long periods of time.



Modifications

For younger students, adapt this activity by creating several open number expressions about physical activity intensity levels for students to solve. Write the open number expressions on the board and complete them as a class. Have students draw pictures to represent the number expressions.

