



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

**11** ACTIVITY

# Guess My Rule

GRADE LEVEL:  
**Primary**

TIME:  
**30 minutes**

GROUPING STRUCTURE:  
**Whole group**

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

**Objective**  
Students will classify daily activities by intensity level and identify activities that count toward 60 minutes a day of physical activity.

## Materials/Preparation

### Classroom Materials

- Construction paper
- Markers
- Masking tape
- Index cards (one card/student)



- Provided in the Healthy Steps for Healthy Lives Kit
- MyPlate poster



### Before the Activity

- Post poster
- Make two Guess My Rule signs
- Post Guess My Rule signs with the sides saying "A" or "B" facing out

## 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."

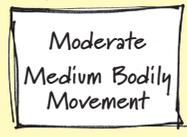
### 2. Explain to students that they need to be physically active for at least 60 minutes every day.

#### Guess My Rule sign A

Front



Back



#### Guess My Rule sign B

Front



Back



3. Tell students that they're going to do an activity that will help them remember the types of activities that count towards 60 minutes a day of physical activity.

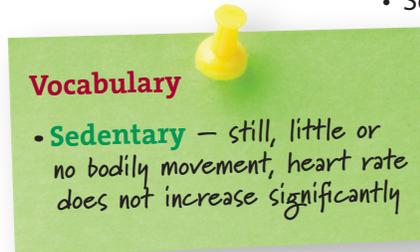


## Leading the Activity

4. Ask students to name some of their favorite things to do.

Record their answers on the board into two unlabeled columns.

- Column one - activities that require movement or physical activity (e.g., taking a walk or playing basketball).
- Column two - activities that are sedentary (e.g., reading a book or watching television).



5. Once each column has at least five responses, ask students if they notice the pattern.
6. Explain why you placed the students' favorite things to do into two different columns. Circle and label column one, "Physical Activity."
  - Column one has activities that require your body to be moving (physically active).
  - These types of activities count toward moving 60 minutes every day.
  - Column two has activities that do not require your body to be moving and therefore do not count toward the 60 minutes.
7. Ask students if they know another word for activities that do not require them to move their bodies.

- Ideal response: Sedentary.
- Label column two, "Sedentary."

8. Explain the word "sedentary."

- Sedentary refers to tasks you do where your body is not active.
- Your brain might be active (reading a book) or your mouth might be active (talking on the phone), but your body is mostly still.
- There are times during the day when sedentary activities are important and appropriate.
- Avoid being sedentary (still) for long periods of time.

9. Have students choose an activity they like to do that requires them to move their bodies. Provide an index card for each student. Students record and illustrate chosen activity. Observe students to ensure the activities chosen are NOT sedentary.
10. One at a time, have students read the activity on their card and act it out.
11. After each student reads his or her card, tell them to stand in front of sign A or B.

- Do not reveal the hidden categories (rules for sorting). The rules for your sort are moderate: medium bodily movement (Sign A) and vigorous: faster bodily movement (Sign B).

- As you tell students where to go, think out loud. You might say, “Based on my rule, Alexa will go to sign A and Charlie will go to sign B. Charlie acted out swimming and Alexa acted out stretching. I wonder why those two activities would be in different categories.”

12. **Have students tape their index cards under the A or B sign and return to their seats.**
13. **After approximately 10 students have a turn, allow the class to try to guess your sorting rule.** Students do not need to provide exact titles. Once the sorting rule is guessed correctly, students can help sort the remaining students’ index cards.

14. **Turn the signs over to reveal the category titles.**

Explain the words “moderate” and “vigorous.”

15. **Remind students to move for at least 60 minutes every day with a mixture of moderate and vigorous activities.**

- Try to accumulate your 60 minutes with 15-minute bouts.
- A 15-minute basketball game at recess would be a bout of vigorous activity.
- A 15-minute walk with your family in the evening would be a bout of moderate activity.



## Closing the Activity

16. **Ask students to recall their moderate and/or vigorous activities from the previous day.**

- Prompts: Did they play on the playground before school started? Did they go outside and play at recess? Did they have a P.E. class? Do they play any sports or go to a dance or karate class after school? Did they play outside? Did they walk their dog?

17. **Discuss: Were students physically active for at least 60 minutes?** If not, what else could they do to move more every day?

## Modifications

Reduce the suggested time for this activity by using the Healthy Steps for Healthy Lives Activity Cards provided at [www.nestleusa.com/healthysteps](http://www.nestleusa.com/healthysteps) and [www.neahealthyfutures.org](http://www.neahealthyfutures.org). Give each student an Activity Card instead of completing Step 9.

