



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

**14** ACTIVITY

# Very Moving Poetry

GRADE LEVEL:  
**Primary**

TIME:  
**30 minutes**

GROUPING STRUCTURE:  
**Whole group and independent**

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



## Objective

Students will decide if common activities are sedentary or active and describe the benefits of physical activity.



## Materials/Preparation

### Classroom Materials

- Chart paper (three pieces)
- Markers
- Sticky notes



### Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster



### Before the Activity

- Copy Student Activity Sheet 10 on page 48 (one copy/student)
- Record the two poems onto chart paper and post
- Using sticky notes, cover the titles of the poems 1 and 2
- Record the poem template onto chart paper and post



## Opening the Activity

### Poem 1

Television  
Focused, Easy  
Listening, Sitting, Staring  
Can't miss favorite shows.  
Electronic

### Poem 2

Football  
Teamwork, Fast  
Running, Throwing,  
Staring  
Four quarters of enjoyment.  
Sport

1. **Draw attention to the two poems that you have posted.** Tell students that you have covered the titles of the poems because you would like to see if they can guess what the two poems are about.

2. **Tell students that both poems are about types of activity. Read the poems to the class.**

### Poem Template

\_\_\_\_\_

TITLE (NOUN)

\_\_\_\_\_

2 DESCRIBING WORDS (ADJECTIVES)

\_\_\_\_\_

3 ACTION WORDS (VERBS)

\_\_\_\_\_

FOUR WORD PHRASE

\_\_\_\_\_

SYNONYM FOR TITLE



3. Have students guess what each poem is about. Remove the sticky notes to reveal the titles.
4. Ask students if they notice any differences between these two activities. Encourage students to think about the words used in the poems.

- Ideal responses: To play football you have to be active and to watch TV you have to be still; You are more active when you play football and less active when you watch TV; Football is a physical activity.

5. Explain to students that they need to be physically active for at least 60 minutes every day. Point out the person exercising on the Healthy Steps for Healthy Lives MyPlate poster. This is the symbol on the poster that reminds us that moving our bodies is a very important part of being healthy.
6. 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. They are going to get to write their own poem about their favorite way to be physically active.



### Leading the Activity

7. The topics of the poems represent two different types of activities.

#### Explain the word sedentary.

- **Sedentary** – still, little or no bodily movement, heart rate does not increase significantly.
- Watching TV is a sedentary activity.
- Sedentary activities do not count toward your 60 minutes every day of physical activity.



- Sedentary refers to tasks you do where your body is not physically 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.

#### Explain the words moderate and vigorous.

- **Moderate** – active, medium bodily movement, heart rate increases.
- **Vigorous** - very active, fast bodily movement, high heart rate.
- Football is vigorous activity.
- Moderate and vigorous activities do count toward your 60 minutes every day of physical activity.
- Try to mix moderate and vigorous activity levels into your day.
- Try to accumulate your 60 minutes with 15 minute bouts.
- Bout - a time period or section of time.
- 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.



8. Discuss the ways that being physically active helps to keep our bodies healthy.

Discussion points

Being physically active helps you:

- Do better in school
- Live a longer life
- Get sick less
- Have a healthy heart
- Strengthen bones and muscles
- Have less chance of serious disease
- Be a healthy weight
- Feel better about yourself
- Increase your energy level
- Be a productive and helpful member of society

9. Using the poem template chart, demonstrate how to write a Cinquain (“sing-keyn”) poem. A Cinquain is a highly structured, five-lined poem. Model writing a Cinquain poem using a physical activity that you enjoy. Get suggestions from the students for words to use.

10. Student Activity Sheet 10: Write a Cinquain poem about a favorite physical activity. Monitor students as they begin to record their titles to ensure that they have correctly chosen a moderate or vigorous physical activity.



 Closing the Activity

11. Students share poems with the class.

 Modifications

Extend this activity by having the student omit the title when they read their poem to the class. Have the class guess the activity title of each poem. Have the class decide if the activity is moderate or vigorous and record into two columns on the board.





## Student Activity Sheet 10

# My Moving Poem

**1**

**Write a one word title**  
(the name of your favorite physical activity).

\_\_\_\_\_ (noun)

**2**

**Write two words**  
(adjectives) describing the physical activity.

\_\_\_\_\_ (adjective)      \_\_\_\_\_ (adjective)

**3**

**Write three words** (adverbs) describing the physical activity.

\_\_\_\_\_ (verb)      \_\_\_\_\_ (verb)

\_\_\_\_\_ (verb)

**4**

**Write a four word phrase**  
expressing a feeling about the physical activity.

\_\_\_\_\_ (phrase)

\_\_\_\_\_ (phrase)

**5**

**Write one word** that is another way of saying the physical activity (a synonym for your title).

\_\_\_\_\_ (synonym)

