

## Year 6- Goal-setting for Physical Activity

### Description of activity

Students determine how much physical activity they participate in each week by completing the 'Physical Activity Record' and compare this to Australia's Physical Activity recommendations for 5–12 year olds. They evaluate their level of participation according to current physical activity recommendations for children (minimum 60 minutes of accumulated physical activity in a day) and establish goals and strategies to maintain or improve their physical activity levels.

### Jessie

It is recommended that 5-12 year olds spend a total of at least 60 minutes per day doing physical activity.

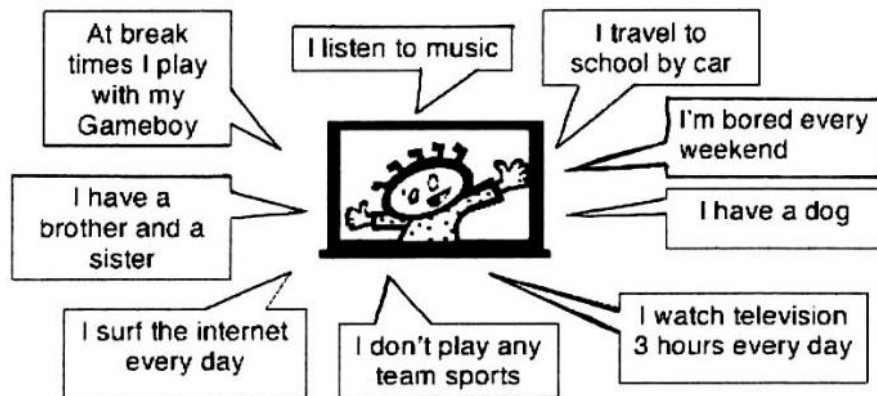
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Activity	M	Activity	M	Activity	M	Activity	M	Activity	M	Activity	M	Activity	M
P.E.	45	Exercise	30	handball	15	Exercise	30	Exercise	30	Played at	60	Brother's Party	120
Handball	15	Soccer	45	Basketball	90	Dodgeball	40	Tennis	60	Soccer	30	Played with	60
Soccer	20	Went to park	30			Dog	20	Pool	180			My brother	
						Basketball	20						
						Soccer	20						
60 min a day?	y/n	60 min a day?	y/n	60 min a day?	y/n	60 min a day?	y/n	60 min a day?	y/n	60 min a day?	y/n	60 min a day?	y/n

Write a statement comparing your physical activity levels to this recommendation and explaining whether you need to maintain or improve your levels of activity.

I think that my physical activity levels are ok and that I should maintain my levels of physical activity. I am involved in tennis. I am capable of playing for long periods of time. I have improved since I was little by doing a lot of moving around and getting involved in more sports. I have lowered my TV time and extended my physical activity time. Now that it is daylight savings, I play even more. I have a soccer ball, a football, a trampoline and a basketball to play with at home. I am going to improve even more as I get older. I will get more fitter and finally be good at sports because I will have more energy than I have ever had in my life.

## Physical Activity Observations

The following statements give you information about the level of physical activity of a Year 6 student.



Suggest a variety of ways this person can improve their physical activity levels and describe the benefits this will have.

This Y6 student can improve by not playing with his gameboy at break times and start playing soccer or handball. I suggest that this person should cut the TV time and start playing with the dog or the brother or sister. This person should not surf the internet every day or listen to music every day and start to play team sports. I think that this person should try to start walking to school instead of getting his mum to drive him to school. The benefits of ~~him~~ <sup>this person</sup> doing this is very good. This person will get very fit.

## Prior learning

Students have participated in a range of physical activities and discussed the effect of activity on health. They can describe the components of a balanced lifestyle and explain why physical activity is an important component. Students recognise that not everyone participates in enough physical activity and have explored reasons why. They have investigated the short-term and long-term health effects of physical inactivity.