



# PROGRAM SUPPORT NOTES

## ***Lifelong Physical Activity***

Program Support Notes by:  
**Megan Bertenshaw** M.Phys.Ed, B.  
Human Movt & Health Ed.

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**Sandra Frerichs** B.Ed, M.Ed.  
**Edwina Baden-Powell** B.A. CVP.

## ***For Teachers***

### **Introduction**

This program focuses on how we can incorporate physical activity into our busy lifestyles and how to overcome barriers that may prevent us from participating in physical activity. It also looks at the different types of physical activity options available, and the benefits of participating in physical activity throughout our lives.

Individual and team physical activity options are addressed, specifically ones that can be undertaken at any age, such as orienteering, golf, rowing and swimming. Guest speakers are used to explain the reasons why they participate in physical activity and how they became involved. This includes Kim Crow, an Olympic rower, who shares her experiences and explains what she has achieved through participating in physical activities.

### **Timeline**

00:00:00	The benefits of physical activity
00:04:48	Group and team activities
00:07:45	Individual activities
00:11:14	Breaking down barriers
00:15:08	Credits
00:15:48	End program

### **Related Titles**

In the Spirit of the Game - Sports Conduct and Fair Play  
Expedition and Navigation Skills  
Fair Play in Sport – The Role of Umpires and Referees  
Evaluating a Training Program  
Improving Performance – Elite Athlete Case Studies

### **Recommended Resources**

[http://www.cpaas.sa.gov.au/benefit\\_exer.html](http://www.cpaas.sa.gov.au/benefit_exer.html)  
<http://www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>  
<http://www.health.gov.au/>

## Student Worksheet

### Initiate Prior Learning

1. Research two individual and two group physical activity options that are available in your local community. Describe each activity and outline the location, cost and contact details of the organisation.

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2. Discuss the benefits of participating in physical activity. Complete the table below, identifying the physical, social and emotional benefits to participating in physical activity.

Benefits of participating in physical activity

Physical Benefits	Social Benefits	Emotional Benefits

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3. Research how much physical activity is recommended for 12-18 year olds to achieve health benefits. Outline the recommendations.

[http://www.health.gov.au/internet/main/publishing.nsf/content/phd-physical-activity-youth-pdf-cnt.htm/\\$FILE/youth\\_phys.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/phd-physical-activity-youth-pdf-cnt.htm/$FILE/youth_phys.pdf)

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4. Write down all the physical activity that you have done in the past week. Calculate the number of hours of vigorous and moderate activity that you have done. Compare this to the recommendations from question 3.

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5. Create a list of the things that stop you from participating in physical activity. Suggest ways that you can overcome these barriers.

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**Active Viewing Guide**

1. Define physical activity and provide some examples.

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2. Define exercise and provide some examples.

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3. Identify six physical benefits of physical activity.

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4. Identify five social or emotional benefits of physical activity.

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5. Fill in the missing words to complete the following statements:

a) Physical inactivity is estimated to be the main cause globally for approximately

\_\_\_\_\_ percent of breast and \_\_\_\_\_ cancers, and \_\_\_\_\_ percent of heart disease.

b) How much physical activity we should do changes as we age. Those aged 5 – 17 should

average \_\_\_\_\_ hours of moderate to vigorous activity each week, while adults under the age of 65 should average \_\_\_\_\_ hours.

6. Explain why it is important to begin physical activity at a young age.

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7. Identify four drawbacks to participating in organised activities.

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8. Identify five benefits of participating in individual physical activity options.

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### Extension Activities

1. Create a weekly lifestyle plan. You need to schedule in all your study, work, chores etc, including one hour of physical activity each day. Try and follow your plan for at least two weeks. Create a diary of the positive things that occurred as a result of having planned your physical activity and work schedule.
2. Research one group or physical activity option (in your local area) that you have never tried before, that interests you. Enrol in one session or try out the activity as an experiment. Afterwards, outline the positive and negative aspects of this physical activity. Explain whether this type of activity would be classed as lifelong activity. Provide specific reasons.
3. In pairs, create a 30 second multimedia advertisement to promote physical activity. Target the advertisement at young people and provide information on how to access a range of physical activity options.
4. In small groups participate in an orienteering practical challenge. Afterwards, discuss the benefits of undertaking this type of physical activity option and what you learned about yourself during the challenge.
5. Create a spreadsheet of all the physical activity options in the local area and the contact details. Classify them into individual, team and cultural activities. Highlight the ones that are free, easily accessible and suitable to all ages.
6. In groups of four, plan a promotional event that involves a physical activity option of your choice. The event needs to focus on getting people interested in the activity, letting them have a try and giving them information on how to get involved. (e.g. local mini triathlon day). You need to provide a detailed outline of the activities, the resources and promotional ideas for the event.
7. Debate Topic – “Group physical activities are better for your health.”
8. Essay Question – Explain the benefits of regular participation in physical activity



## ***Suggested Student Responses***

### **Initiate Prior Learning**

1. Research two individual and two group physical activity options that are available in your local community. Describe each activity and outline the location, cost and contact details of the organisation.

**Answers will vary.**

2. Discuss the benefits of participating in physical activity. Complete the table below, identifying the physical, social and emotional benefits to participating in physical activity.

**Answers will vary, but may include the following.**

Physical Benefits	Social Benefits	Emotional Benefits
<b>Improved:</b> <b>muscle mass</b> <b>heart and lung function</b> <b>endurance</b> <b>resistance to disease</b> <b>posture</b> <b>weight control</b> <b>sleep</b>	<b>Improved:</b> <b>social skills</b> <b>access to social networks</b> <b>communication skills</b> <b>tolerance and empathy</b> <b>team work skills</b> <b>resilience</b>	<b>less stress</b> <b>improved self esteem and</b> <b>body image</b> <b>ability to cope with changes</b> <b>improved confidence</b>

3. Research how much physical activity is recommended for 12-18 year olds to achieve health benefits. Outline the recommendations.

**60 minutes per day of moderate to vigorous activities. Moderate activities such as brisk walking, bike riding with friends, skateboarding and dancing. Vigorous activities such as football, netball, soccer, running, swimming laps or training for sport.**

4. Write down all the physical activity that you have done in the past week. Calculate the number of hours of vigorous and moderate activity that you have done. Compare this to the recommendations from question 3.

**Answers will vary**

5. Create a list of the things that stop you from participating in physical activity. Suggest ways that you can overcome these barriers.

**Answers will vary, but may include:**

**Barriers –**

**Money**

**Time**

**Family commitments**

**Work**

**Lack of access**

**Motivation**

**Transport**

**Skills**

**Previous experience**

**Ways to overcome these barriers-**

**Meet with friends down the park for a game of touch footy. It is free and can fit into your schedule.**

**Walk or ride to school rather than catching a bus or getting a lift**

**Go with a friend who will keep you motivated**

**Try new sports until you find one that you really like**

**Join a team at school or play a game at lunch time**

**Get your whole family to try a sport together, e.g karate**

### Active Viewing Guide

1. Define physical activity and provide some examples.  
**Physical activity is any bodily movement that requires energy expenditure. Examples include: - general play, games, sports, walking, cycling, dancing and household chores**
2. Define exercise and provide some examples.  
**Exercise is planned, structured, repetitive, and purposeful in the improving of physical fitness. Examples include basketball training drills, or sprint training for athletics**
3. Identify six physical benefits of physical activity.  
**Increased bone and muscular strength**  
**Increased stamina**  
**Increased joint flexibility**  
**Better sleeping patterns**  
**Lower levels of stress**  
**Decreased risk of chronic disease and illness, such as cancer and respiratory problems**
4. Identify five social or emotional benefits of physical activity.  
**Meeting new friends**  
**Improved feelings about yourself**  
**You fit into your community**  
**Better engagement with other people**  
**Improved skills like teamwork, persistence and dedication**
5. Fill in the missing words to complete the following statements:
  - a) Physical inactivity is estimated to be the main cause globally for approximately **twenty-five** percent of breast and **colon** cancers, and **thirty** percent of heart disease.
  - b) Those aged between five and seventeen should average **seven** hours of moderate to vigorous activity each week, while adults under the age of sixty-five should average **three and a half** hours.
6. Explain why it is important to begin physical activity at a young age.  
**Beginning physical activity at a young age is important because when we're younger we learn faster and we form habits. And any habit we form is much easier to continue later in life. If a family establishes a healthy lifestyle which includes physical activity and it's just taken as a normal part of everyday life, then children are far more likely to continue this in their own life and provide the same healthy lifestyle for their children.**
7. Identify four drawbacks to participating in organised activities.  
**The cost of membership fees, equipment and uniform purchases**  
**Regular travel (especially for people in rural or remote areas)**  
**Sometimes there is favouritism in team sports**  
**There is often a focus on winning**

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8. Identify five benefits of participating in individual physical activity options.

**Rely only on themselves**

**The discipline required and benefits gained often help with study or work goals**

**It fits in with your family life a little bit better**

**You don't have to go to training at set times**

**It gives you more scope to plan where and when you go and do your sport**

**You can set your own goals**

**You can set your own training regime.**

9. Fill in the missing words to complete the following statement:

Global statistics show that **sixty-one** percent of males are adequately active, compared with only **forty-two** percent of females.

10. Identify 10 factors that contribute to physical inactivity.

**Gender**

**Language**

**Socio-economic status**

**Age**

**Disability or injury**

**Lack of role models**

**Limited information to get started**

**Work or study commitments**

**Geographical location**

**Previous negative experiences**

**Lack of skill**