

Road to Learning and Earning

Lesson Plan

Topic/Title of Plan: Benefits of Exercise

Lesson Developed By: Jamie Smith

School: St. Stephens High School, Catawba County



Objective Being Taught	Identify the benefits of a regular exercise program including its relation to weight and health
RTLE Matrix Objective	By reviewing functional life skill resources, provide students and families with skills for living as independently as possible in the community.
Student Audience/Length	9-12+
Materials/Resources Needed	Access to exercise equipment room
Teaching Procedure	School nurse will weigh students in classroom at the beginning of school year. Use a BMI calculator for each student. Keep a list of weight and BMI for each student to compare at end of school. Have students research why too much weight can make us unhealthy and cause us to get sick. Each day spent at least 20 minutes in the exercise room. (At beginning of year go over how to operate each piece of equipment and other safety rules, also make sure that we take care of cleaning duties after we use each machine).
Check for Understanding and Assessment of Lesson	Have school nurse weight students at mid-year and end of year. Recheck BMI and chart. Have students look at their progress.
Wrap Up/Review	May have to revisit rules and regulations during the year.