

Lesson 3: Implementing the Physical Activity Plan

Introduction

In this lesson students demonstrate the ability to develop and implement their physical activity plan. They also record their physical activity participation and personal reflections.



Specific Learning Outcomes

- 12.PA.2** Demonstrate understanding of the risk-management process and responsibilities related to physical activity participation.
 - 12.PA.3** Demonstrate the ability to access and use information for making informed decisions about safety and risk management related to physical activity participation.
Includes: level of instruction, level of supervision, facilities/environment, equipment, clothing/footwear, and personal and other considerations
 - 12.PA.4** Apply movement skills and concepts in a variety of selected physical activities that meet the goals of a personal physical activity plan.
 - 12.PA.5** Participate in physical activities at a moderate to vigorous intensity level.
 - 12.PA.6** Record and report the frequency, intensity, time, and type of the physical activities, as indicated in the personal physical activity plan.
 - 12.PA.7** Reflect on physical and emotional responses to and influences on physical activity participation.
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Background Information

Personal Physical Activity Plan

By now, students have identified the activities in which they will participate for their physical activity practicum, and they have created a risk-management plan for at least one of the high-risk activities. They will now begin putting together the required components for their personal physical activity plan in a manner they understand and can adhere to.



Suggestion for Instruction / Assessment

Putting Together the Physical Activity Plan

Have students begin putting together their personal physical activity plan for approval and sign-off, using a physical activity planner such as the one provided in RM 5-PA. This tool can be used to indicate to parents the physical activities that have been selected as part of the students' physical activity plan and confirm that the Physical Activity Safety Checklists have been obtained for those activities.



Refer to RM 5-PA: Personal Physical Activity Plan.



Background Information

Finalizing the Physical Activity Plan

The following steps outline a process to be considered when finalizing and obtaining approval for a student's physical activity plan:

1. The physical activity plan, developed in accordance with the specified criteria, should include
 - selected physical activities that contribute to cardiorespiratory endurance plus one or more of the other health-related fitness components (muscular strength, muscular endurance, and flexibility)
 - a safety and risk-management plan (created in the previous lesson)
 - Physical Activity Safety Checklists for the selected physical activities
2. Once the plan is developed, the teacher signs a letter addressed to the parents explaining the information they are receiving.



Refer to RM 6-PA: Sample Cover Letter for Physical Activity Practicum.

3. The Parent Declaration and Consent Form and the Student Declaration Form must be completed, as applicable, before a student begins implementing the OUT-of-class physical activity plan. As these forms will be specific to each school/division, teachers need to be aware of their content and location. These forms need to be signed by the parent for students under 18 years of age. There is also a Student Declaration and Consent Form for students 18 and over. Sample forms are available in Appendix B1 and Appendix B3 of the *OUT-of-Class Safety Handbook* (Manitoba Education, Citizenship and Youth).
4. The personal physical activity plan, the Parent Declaration and Consent Form, and the Student Declaration Form are to be returned to the school. The teacher records that the appropriate forms have been signed and collected and keeps these until the end of the course.

Implementing the Physical Activity Plan

Now it is time for students to begin implementing their physical activity plan and enjoying the physical activities they have chosen. Students also need to have a tool to record their physical activity participation and reflections.

NOTE TO TEACHER

Teachers are encouraged to confer regularly with individual students to monitor and discuss their progress related to their physical activity plan and other elements of the course.

Recording Physical Activity Participation and Reflections

Students need to record their participation in physical activities and submit the record to the teacher. The students' record will include

- details of the physical activity participation on a schedule decided upon by the teacher
- an assessment of the amount of time spent in the development of health-related fitness components
- daily reflections of satisfaction with certain health habits. (Reflections may provide possible explanations for the level of satisfaction or feelings about the day in general and about progress made toward reaching personal health and fitness goals.)

The following tools are provided to assist students with recording their physical activity participation.



Refer to RM 7-PA: Physical Activity Log (available in Word and Excel formats).

The Excel version of the Physical Activity Log is a more comprehensive log than the Word version. It is available on the CD-ROM version of this document, as well as online at www.edu.gov.mb.ca/k12/cur/physhlth/curriculum.html.

Completing the Physical Activity Plan

At the conclusion of the course, parents will need to sign a form indicating that the information that the students have provided to the teacher is an accurate record of the students' participation in the OUT-of-class physical activity practicum. Students who are 18 years of age or older will need to have their sign-off form signed by their parents or an authorized adult.



Refer to RM 8-PA: Sample Sign-off Form for Completion of OUT-of-Class Physical Activity Practicum (Form for Parent/Guardian).

Refer to RM 9-PA: Sample Sign-off Form for Completion of OUT-of-Class Physical Activity Practicum (Form for Authorized Adult).

