

BIKE RACK 3-4 / 2

## **SOCIAL BENEFITS OF PHYSICAL ACTIVITY**

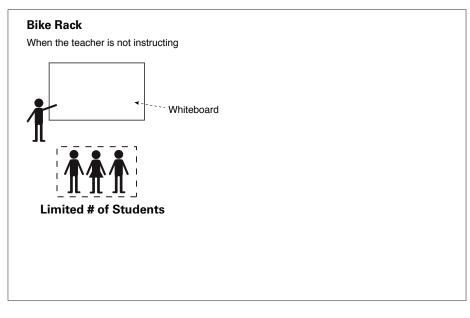
Outcome: I can provide two social benefits of physical activity.

During this lesson, students will have the opportunity to move to the Bike Rack when the teacher is not instructing. **Limits as to the number of students at the Bike Rack will need to be set.** Set up a Bike Rack with either a large whiteboard, large piece of paper, or a wall with available post it notes.

When they choose, students move to the Bike Rack and write two social benefits of physical activity (repeats are okay). **This should take no longer than 30 seconds.** Throughout the lesson, stop the class for 15-20 seconds to update them on the posted benefits thus far.

A closing discussion reflecting on the various social benefits of physical activity is an excellent review. Be sure to emphasize that everyone has a different social reason for being active.

## Activity setup:



## Example of a completed assessment:

Benefit Benefit	Benefit	Benefit	Be	nefit	Benefit	
Bene		fit Benefit	Benefit		Benefit	
Benefit Ben	Be	enefit nefit	Benefit Benefit	Benefi	enefit t enefit	
Ber	nefit	Benefit Benefit		Benefit		
Benefit	Benefit	Benefit Benefit	Benefit Benefit	Benefit	Benefit	Whiteboard