# Table of contents

Introduction .................................................................................................................................................. 3

Background information .......................................................................................................................... 3

Aims of the program ................................................................................................................................ 4

Victorian Essential Learning Standards .................................................................................................. 5

Practical Lesson Delivery Ideas .............................................................................................................. 5

Acknowledgements ................................................................................................................................. 6

Lesson 1: Physical activity and health ......................................................................................................... 7

Lesson 1: Benefits of Physical Activity Worksheet................................................................................ 11

Lesson 1: Benefits of Physical Activity Worksheet Example ................................................................ 12

Lesson 1: Huff and Puff Work Sheet ..................................................................................................... 13

Lesson 1: Physical Activity Self-Monitoring Chart ................................................................................. 14

Lesson 2: TV viewing – how much do I watch? .......................................................................................... 15

Lesson 2: Me and My TV Worksheet .................................................................................................... 17

Lesson 2: TV Self Report Chart ............................................................................................................ 18

Lesson 2: Me and My TV Worksheet: Example 1 ............................................................................... 19

Lesson 2: Me and My TV Worksheet: Example 2 ............................................................................... 20

Lesson 2: Me and My TV Worksheet: Example 3 ............................................................................... 21

Lesson 2: Me and My TV Worksheet: Example 4 ............................................................................... 22

Lesson 3: Creating active games .............................................................................................................. 23

Lesson 3: S2A Worksheet ..................................................................................................................... 26

Lesson 3: S2A Worksheet Example: Indoor Area ............................................................................... 28

Lesson 3: S2A Worksheet Example: Back Yard .................................................................................. 29

Lesson 3: S2A Worksheet Example: Bedroom .................................................................................. 30

Lesson 3: S2A Worksheet Example: Local Neighbourhood ................................................................. 31

Lesson 4: Switch Off Challenge & Decision Making (part 1) ................................................................. 32

Lesson 4: Switch Off Contract 1 .......................................................................................................... 36

NOTICE FOR PARENTS ...................................................................................................................... 37
Introduction

Welcome to ‘Switch-2-Activity’, a program to reduce inactivity in Grade 5 & 6 children as part of the Kids – ‘Go for your life’ initiative. Kids – ‘Go for your life’ is a leading Victorian initiative to get every child to enjoy healthy eating and physical activity everyday.

Kids – ‘Go for your life’ focuses on the following healthy eating and physical activity messages:

- **Turn off, switch to play** – reducing screen-watching time
- **Plant fruit and veg in your lunchbox** – increasing fruit and vegetable consumption
- **Tap into water everyday** – promoting water consumption
- **Move play and go** – increasing physical activity
- **Limit ‘sometimes’ foods** – reducing consumption of energy dense foods
- **Stride and ride** – promoting active transport

The ‘Switch-2-Activity’ program promotes these key messages, particularly ‘Turn off, switch to play’.

There are six lessons in Switch-2-Activity that have been previously developed and tested by researchers at Deakin University.

Each lesson is designed to take approximately 45 minutes to complete and is designed to be delivered in the general class room as part of the weekly curriculum by grade 5 and 6 primary school teachers. The lessons require no specialised equipment or teaching skills or training, and a detailed outline of each lesson plan is provided to class room teachers in this resource.

**Background information**

With approximately one in four children in Australia overweight or obese and corresponding increases in the time that children spend being sedentary, it is important that children are provided with the skills and knowledge in order to minimise the time they spend being sedentary, particularly during their free time.
In recognition of increasing sedentariness among children in Australia, National Physical Activity Recommendations for children and youth were endorsed by the Health Ministers in 2004. One of these recommendations is that children spend no more than two hours per day watching television, playing computer games and using the Internet for entertainment, particularly during daylight hours. Research by the Behavioural Epidemiology team at Deakin University (www.deakin.edu.au/cpan/) shows that more than 70% of children are failing to meet this recommendation.

You can order by telephone on 1800 020 103 or visit the government website: www.healthyactive.gov.au for free copies of the National Physical Activity Recommendations for Children brochure and class room posters.

Aims of the program

It is the primary aim of these 6 lessons to reduce the time children spend watching television and increase the time they spend being physically active. It is a further aim that children’s knowledge and awareness of their television viewing and sedentary choices is increased, and that they learn the skills to reduce these behaviours, particularly after school hours.

Themes of the lessons

‘Switch-2-Activity’ consists of six lessons:

- **Lesson 1:** Physical activity and health Introduction to physical activity and health
- **Lesson 2:** TV viewing – how much do I watch? Patterns of TV viewing, self-monitoring
- **Lesson 3:** Creating active games Identifying alternative activities and development of ‘Switch-2-Activity’ games
- **Lesson 4:** Switch Off Challenge and decision making (part 1) Selective viewing (teaching children to select what program they want to watch, watch it and then turn off the television); and behavioural contracting where children nominate one television program to switch off per week until they switch off three programs and sign a contract to commit to this along with decision-making skills
- **Lesson 5:** Active choices and decision making (part 2) Active decision-making skills, and behavioural contracting (switch off 2 programs that week)
- **Lesson 6:** How many steps? Walking and behavioural contracting (switch off 3 programs that week).

After the initial lesson, the beginning of each subsequent lesson will involve a summary and brief discussion of what was learnt in the previous lesson. This program will also require a small amount of involvement from the child’s family, to support the program’s aim of switching the television off. Parents will also be asked to make sure that their child completes the weekly ‘Switch Off’ task by signing the child’s Switch Off contract.
It is important to note that this program is not designed to replace Physical Education Classes.

**Victorian Essential Learning Standards**

The ‘Switch-2-Activity’ curriculum material addresses key learning areas as outlined in the Victorian Essential Learning Standards. Different domains from each of the three core and interrelated strands of the curriculum (1: Physical, personal and social learning, 2: Discipline-based learning and 3: Interdisciplinary learning) are identified with examples at the end of each lesson plan. The program material addresses key learning areas in the domains of Health and Physical Education, Interpersonal Development, Personal Learning, English, Mathematics, Science, Communication and Thinking Processes.

**Practical Lesson Delivery Ideas**

These materials have been written to accommodate 6 complete lessons. Ideas for additional related homework tasks and/or variations of the worksheets in order to decrease the amount of photocopying and other useful hints are included here. These ideas were provided from teachers who have previously delivered the lessons.

Homework ideas:

- Ask students to complete a physical activity task at home with a family member each week. For example; go for a walk, play a sport or complete an orienteering task with a family member or friend and ask the child and the family member to write a short reflection on the activity.

Worksheet alternatives:

- Have students complete similar versions of the worksheets (eg. Lesson 1 Benefits of physical activity) in a workbook drawing the pictures and adding the appropriate text.
- Have students make posters or creative expressions of the worksheets (eg. Lesson 2 Me and my TV).
- Have students record on a classroom white/black board the amount of TV they have watched, or how many steps they have taken.
- Have students interview a friend and complete the worksheets for each other.
- Teachers may choose to reward children who return completed worksheets with class room privileges/rewards (eg. returning self-monitoring sheets: TV and physical activity worksheets, and the 3 Switch Off Contracts).

Other practical suggestions:

- The self-monitoring sheets can be duplicated each week so children can see a change in their TV viewing over time.
- For children without a TV at home, choose a different sedentary pursuit (playing electronic games, computer etc) to reduce and replace with a physical activity. Substitute this sedentary pursuit for TV viewing in the switch off contracts.
- The switch off contracts may need to be translated for non-English speaking parents to support their children.
• For Lesson 4 decision making dice/cubes can be used.
• Pool recourses across grades. For example, pool as many pedometers as possible for Lesson 6, so that each class has several units to use for the lesson. Alternatively allow each child to borrow the pedometer for 24hrs, and/or take pedometers on school camp for children to take turns wearing it.
• Finally, the student questionnaire originally used in the Deakin University research project has been included in the appendix. This questionnaire was found to be useful in increasing the awareness of the children in regards to the amount of time they spent in different activities. This questionnaire may be used wherever appropriate.

Acknowledgements

This program has been developed by:

Dr Jo Salmon
Dr Kylie Ball
Professor David Crawford
Dr Clare Hume
Ms Michelle Jorna

Centre for Physical Activity & Nutrition
Deakin University
221 Burwood Hwy, Burwood 3125
Victoria, Australia
Website: www.deakin.edu.au/cpan/be.php

The project was adapted from the following:

Project: Switch Play


Project: SPARK


Project: Planet Health