



For The Teacher

Upper Primary Years 5 & 6

Week 6

Title Comparing Lifestyles

Theme Using leisure time for physical activity

Overview

Students will interview an older family member or friend to inquire about how they spent their leisure time when they were the same age.

They will share their findings and then hold a class forum discussing the topic "Has physical activity changed over time?"

Time required

2 x 40 minutes

Preparation

This two-part lesson requires the students to firstly create a list of interview questions to gain the information required from interviewees and then participate in a class forum entitled "Has physical activity changed over time?"

Background information and possible discussion points

Part 1

Prepare the students with interview techniques so that they can acquire appropriate information concerning the forum topic – Has physical activity changed over time?

Students will be required to interview an older family member, friend or teacher if necessary. It would be beneficial if the chosen person were over the age of 55.

Helpful hints for conducting an interview could include:

- Ask open-ended questions that cannot be answered with a simple yes or no
- Take notes in point form
- Speak clearly and use simple, concise language
- Explain your purpose
- Be friendly and polite
- Help the interviewee to feel relaxed and comfortable
- Maintain eye contact
- It is important to be quiet and listen to the answers
- Take notes or record the interview, word for word, being careful not to quote falsely

As a class, decide on three or four questions for the interview and, if inclined, students can add their own. Give students ample time to conduct the interview.



Part 2

Conduct a class forum, which compares leisure time and physical activity today and in the past, using the information gathered from interviews.

Record key points on a large sheet of paper or class board.

Is the answer to the forum question overwhelmingly affirmative? How has the amount of physical activity changed? How has the type of physical activity changed?

If students have found they do less physical activity than the people interviewed, discuss what the students can do to become more physically active? Encourage students to identify what they could do to be more physically active, especially during their leisure time.

Students create a class poster that can be added to throughout the year that records a list of 'Opportunities for Everyday Physical Activity'. Examples could include:

- walking stairs instead of using the escalator or lift
- get off the bus stop one stop earlier and walk the remaining distance
- ask adults to park the car further away from the destination
- ride or walk to school
- don't use the remote control for electronic equipment
- organise a physical activity when friends come over instead of 'screen-time'

Support materials and references

For Kids

1Seven article: [Make Like a Caveman](#)

1Seven article: [Pain in the Neck](#)

1Seven article: [Live a Long Life](#)

For Teachers & Parents

1Seven article: [Life Expectancy Shock](#)

1Seven article: [Wii Exercise?](#)

1Seven article: [What Do Kids Want?](#)

1Seven article: [Small Screen Vortex](#)

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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