

TOPIC

PEER PROMOTION



AGE RANGE

10–13

OVERVIEW

After considering their own levels of physical activity and learning about the daily physical activity recommendations for middle school students, students will consider the barriers that may prevent them from achieving this recommendation. Students will work together to conceptualize a peer-to-peer campaign idea that promotes physical activity by identifying a major barrier to being active and proposing a solution, allowing them to explore their understanding of their own community and use their learning to benefit others. As an extension, students can implement their campaign, track their results, and share its impact with family and friends.

TIMING

45–60 minutes

OBJECTIVES

Students will:

- Consider the daily physical activity recommendations for their age group
- Understand the connection between exercise and noncommunicable diseases
- Work together to decide how to overcome common activity barriers
- Create a physical activity campaign idea relevant to a target audience

MATERIALS NEEDED

- Pencils, one per student
- Blackboard or chart paper
- Chalk or markers



For more information about the Future Well Kids program, please email
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