



# HPE1 Deciding to set an exercise goal

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This classroom-based module encourages students and teachers to discuss regular physical activity and general wellbeing.

## **Health and Physical Education teacher's lesson plan**

**Suitable for teaching at most secondary school years or levels**

### **Deciding to set an exercise goal**

#### **How to use this module**

Photocopy required numbers of the module. Distribute to students, invite them to choose their characters and then either individually or in groups act out the roleplay and work through the discussion and activities. Use as a class lesson or within your teaching plan.

#### **Lesson duration**

One-two class lessons depending on objectives.

#### **Achievement objectives**

Students will show an increased sense of responsibility for participating in regular physical activity to maintain wellbeing.

#### **Assessment**

- Students recognise the relationship between regular physical activity and general wellbeing.
- Students are able to set physical activity goals and implement a plan to carry them out.

#### **Characters**

Students One, Two, Three, Four, and Five.

#### **Note**

ActUp modules are fictional works. Any similarity or reference to actual events or places or products or persons, living or dead, is entirely coincidental and not intended.

SETTING: STUDENT ONE IS SITTING ALONE IN A ROOM.

GROUP OF FRIENDS ENTER.

- TWO           What's happening?
- ONE           Nothing.
- THREE       Come for a walk?
- ONE           Who with?
- FOUR         Us. Who do you think?
- ONE           Do you all go walking?
- FIVE         Yes.
- ONE           What else?
- TWO         That's it. We walk.
- THREE       We usually stop and play ball too.
- ONE           How often do you go walking?
- FOUR         Three or four times a week.
- ONE           Where do you walk?
- FIVE         Anywhere.
- FOUR         Up through the hills.
- THREE       By the sea.
- TWO         Around the block.
- FOUR         Better than sitting at home.
- ONE           What are you walking for?
- FIVE         Exercise.
- ONE           I thought people who did exercise ran everywhere.
- THREE       I tried running but it's sore on my knees.
- TWO         Walking is good. I like to look around, have a think, I can do that while I'm walking but not running.
- ALL STUDENTS EXCEPT ONE AND TWO PLAY BALL.  
STUDENTS ONE AND TWO REMAIN TOGETHER.
- TWO         Let's join in?
- ONE           No.
- TWO         Come and play ball.
- ONE           I can't play ball.
- TWO         Says who?
- ONE           Me.

## Student worksheet

### Discussion and activities

Students perform the play then work through some or all of the following discussion and activities, either individually or in groups.

#### Discussion

1. What does exercise mean to you?

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2. Write down five different types of exercise?

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3. Write down three reasons why people exercise?

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4. What did the characters do to achieve their goal?

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