

Bubble Rubble Classroom Activity 2

My Activities Poster

Instructions

Learning Objective

Students will understand the positive and negative causes and effects for aerobic and sedentary activities. They will be able to explain the causes of Type 2 diabetes and obesity.

Materials

1. Bubble Rubble Exercise Discs
2. Poster board
3. Markers, crayons, colored pencils, construction paper
4. Glue or tape
5. Scissors

Teacher Preparation

1. Print out one copy of the Bubble Rubble Exercise Discs for each student

Instructions

1. Give each student one copy of the Bubble Rubble Exercise Discs. Instruct them to cut out three physical activities and three sedentary activities that they like to do or would like to try.
2. Using markers, make a title for your poster board such as “My Activities” or “What I Like to Do.”
3. Paste or tape each circle at the top of the poster board, spaced evenly.
4. Have students describe the activity below each circle. Use markers, crayons, colored pencils, and construction paper cutouts to decorate
5. With your class, discuss the meaning of cause and effect. Brainstorm with students about the pros and cons for each activity. For example, if a student picks “Watching TV,” they could choose an educational program to watch—a pro. On the other hand, if they watch too much TV after school they are less likely to get any exercise—a con.
6. Have each student write down the general pros and cons for each activity on the poster.
7. For homework, have students research Type 2 diabetes and obesity. They can visit websites like the American Diabetes Association or the Centers for Disease Control. Using these materials, students are to write one or two sentences about how each activity they chose can either prevent or cause Type 2 Diabetes and Obesity.

