

benefits of physical activity and risks of being sedentary

WebQuest Description: This web quest is about the benefits of being physical and the risks of being sedentary.

Grade Level: 9-12

Curriculum: Health / PE

Keywords: physical sedentary benefits

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WebQuest URL: <http://zunal.com/webquest.php?w=363879>

Introduction

You are the student, learning about what good it really does to be physical and the risks of being sedentary. You want to know why people keep pressuring you to play outside and why everyone is worried about what you do on your free time. That's why your here, to learn why it helps people to get more active and spend less time being inactive.

Tasks

By the time you have finished this web quest, you should know the benefits of having a physical lifestyle and the risks of being sedentary.

Process

link:<http://www.health.gov.au/internet/main/publishing.nsf/Content/pasb>Click on physical activity and sedentary behavior, think about the importance on having a physical lifestyle and the bad on being sedentary. Write an essay explaining why you need to have a physical lifestyle to stay healthy and why it is bad to be sedentary.

Evaluation

The project will be graded on how important you make it to have a physical lifestyle and to not be sedentary.

Category and Score	100	80	60	20	Score
Importance on being physical, rather than sedentary.	Project shows the importance on having a physical lifestyle and to not be sedentary.	Project shows some importance on how it is better to be physical and to not be sedentary.	Project shows little importance on the good about having a physical lifestyle and the bad about being sedentary	Shows no importance on either having a physical lifestyle or being sedentary.	100
				Total Score	100

Conclusion

In the lesson you learned about the importance of having a physical lifestyle and not being sedentary. Look at your own lifestyle, is there anything that needs to be fixed now that you know what to look for? If you want to explore this topic more, click the link at the bottom of this page.<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2963526/>

Teacher Page

In this web quest, the students learned the importance of having a physical lifestyle and how it is bad to be sedentary.

Standards

This curriculum is aimed at the ones who are in high school. To help those change their lifestyle for the better and to open a few eyes in the process.

Credits

Other