



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Body Image

7-9

### General Outcome A



**Basic Skills:**

**Application of Basic Skills In:**

Individual Activities

### General Outcome B



Functional Fitness

Body Image

Well-being

### General Outcome C



### General Outcome D



## Grade Specific Outcomes

### Activities Teaching Strategies:

Introductory Activity – Talk to students about what the media portrays as the perfect physically active image. Is this right? Discuss.

Body – All students will watch a video on Body Image while being active: stationary bikes, steppers, skipping, etc. Rotate throughout video if needed. Discuss with students what the media attempts to do to us by portraying only a specific body image. What does the video tell us?

Culminating Activity – Go through magazines available and find 1 misleading advertisement (of someone being active), and tell why it is misleading. What can we do about it?

### Assessment Strategies:

Assessment Strategies

List 3 things that you could do to acknowledge that the images the media portrays are unrealistic:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Equipment:

video on body image  
 magazine for all students  
 skipping ropes  
 bikes/steppers etc.

### Resources:

### Adaptations:

the culminating activity or the assessment strategy can also be done as homework assignments.