



Physical Fitness

Activity 2: Physical Activity and Obesity

Overview

In this activity students will confront themselves with the issues and consequences of obesity and being overweight in a non-threatening way. *Suggested length: 60 minutes*

Materials

- Notebooks and pencils
- Posters and markers

Instructions

1. Ask the students to pair up with a partner close to their own height and weight.
2. Ask them to do the fireman carry with their partner for a short distance.
3. Afterwards, ask them to switch partners and repeat the fireman carry.

Discussion

Students come back together and form groups of up to eight. Moderated by a mentor or teacher, they discuss the following questions:

- How much of your weight is fat and how much is muscle?
- Do you consider yourself to be overweight?
- How can you watch your weight?

Assessment

Ask the students to create an informative story on the topic and to present it to the class in the form of a short skit, a poster, an informational pamphlet, a song or a video.