Introduction to Intensity

Explanation:
Movement, activity and exercise can improve our overall health and fitness. Intensity is how hard you work, exercise or play. There are some activities that can be performed at different intensity levels. We can make our heart and lungs stronger by performing at higher levels of intensity during activities. The intensity level that individuals can perform at may be different depending on their overall level of fitness.

Directions:
1. Have students watch the Intensity video to introduce the five levels of intensity. Teacher can emphasize that sitting and watching the video is an example of level one on the intensity chart (see resource CD).
2. Students will progress to level 2 by slow walking for 2-3 minutes. After the activity, ask students to show on their fingers what level of intensity they are performing.
3. Students will now progress to level 3 by speed walking for 2-3 minutes. After the activity, ask students to show on their fingers what level of intensity they are performing.
4. For level 4 have students begin jogging for 2-3 minutes. After the activity, ask students to show on their fingers what level of intensity they are performing. Some students may show varying levels so this is a good time to discuss how intensity levels may be different depending on an individual’s overall fitness.
5. Finally, for level 5, students will perform the basic step using step boxes as fast as they can until they cannot continue any longer. Ask students how they are feeling and what is happening to their heart rate and breathing.

Assessment:
- The teacher observes students’ performance and self-leveling on intensity.
- The teacher is checking for understanding after completion of each task for the five levels of intensity.
- Debrief with the following questions at the end of the activity:
  1. How do you know if you are exercising at level 2? Level 3?
  2. What did your breathing feel like at Level 2, Level 3, Level 4?
  3. Could you talk easily at Level 2? What about Level 5?
  4. What level do we want to exercise or play at for heart health?
  5. What is another activity that you can do that might be at a level 4 of intensity?
INTRODUCTION TO INTENSITY – CONT’D

Diagram:

= Cones
= Step Box
= TV/DVD or Projector/Laptop