MDi Using MDI Data

LESSON PLAN	OBJECTIVE(S) Students will:	MATERIALS	
1 MATH & MDI	 ✓ Create bar graphs to represent data, including proper labeling of axes and titles ✓ Use real-world data to understand local children's well-being ✓ Gather and organize data to be represented in bar graphs ✓ Analyze and interpret data presented in bar graphs 	✓ Math & MDI lesson slides ✓ Math & MDI lesson handout(s)	BC Curriculum Data Literacy Interdisciplinary Learning Social & Emotional Development Core Competencies Critical thinking Communication, personal and social responsibility
PHYSICAL HEATH EDUCATION & MDI	 ✓ Understand how physical activity affects emotional well-being ✓ See how movement impacts mood and energy 	✓ Physical Health Education & MDI lesson slides✓ Physical Health Education & MDI lesson handout(s)	BC Curriculum Physical Literacy Mental Well-being Core Competencies Personal and social core competency Thinking core competency
SOCIAL STUDIES & MDI	 ✓ Analyze local MDI data to assess student well-being ✓ Identify community strengths and needs 	✓ Social Studies & MDI lesson slides ✓ Social Studies & MDI lesson handout(s)	BC Curriculum Global Issues and Governance Inquiry-Based Learning Core Competencies Communication & Collaboration Development of students



as engaged citizens



LESSON PLAN 2: PHYSICAL HEALTH EDUCATION & MDI

OBJECTIVES

Students will be able to:

- ✓ Recognize the recommended daily physical activity for children (60 minutes of energetic play)
- ✓ Learn that activity adds up and doesn't have to happen all at once

MATERIALS

- ✓ Prepare materials for physical activities such as equipment for jumping jacks, dance moves, and stretching exercises
- ✓ Pencils for student to use
- ✓ Beach ball if you choose to do the wrap up activity



TIME: 50 - 60 MINS

Summary

This lesson plan explores the connection between physical and emotional health. By integrating insights from the Middle Years Development Instrument (MDI), the lesson encourages students to develop healthy habits and appreciate the role of physical activity in maintaining emotional well-being.

Preparation

- » Print handouts: one for each student.
- » Consider any necessary accommodations for students with different abilities to ensure all can participate in the activities.
- » You may wish to use optional power point slides.

Guidance

» This lesson can be delivered in one period.

ALIGNMENT $\stackrel{\longrightarrow}{\leftarrow}$

BC Curriculum

Physical literacy: lesson supports curriculum's focus on developing fundamental movement skills and exploring diverse types of physical activities.

By discussing benefits of physical activity, the lesson supports the curriculum's emphasis on maintaining components of fitness and understanding links to health.

Mental well-being: lesson aligns with curriculum's focus on understanding factors that influence self-identity and emotional health.

Core Competencies

Personal and social core competency: lesson addresses personal awareness and responsibility by encouraging students to set goals and understand the link between their actions and well-being.

Thinking core competency: students engage in critical thinking by reflecting on how different activities affect their mood.

INTRODUCTION



TIME: 25 MINS



Introduction:



- Welcome students and introduce topic: how movement affects our mood
- Briefly explain today's focus: understanding why physical activity is important and how it helps us fell better



Why is Physical Activity Important?



Tell students:

- » Physical Activity helps us feel happy, energized, and focused.
- » It supports our overall health.
- » The CSEP recommends 60 minutes of movement per day for children ages 5-17.



Activities Adds Up!



- Use the puzzle analogy: Every active movement is a piece of the daily movement puzzle.
- Walk through the example (walking to school, recess, etc.).
- Emphasize: "You don't have to do all 60 minutes at once-every bit counts!".



What does the Middle Years Development Instrument tell us? 텯



Share key findings:

- More active kids report better self-esteem, resilience, and well-being.
- Physical and emotional health are connected.
- Active kids sleep better and are more alert at school.

ACTIVITY 1



TIME: 10-15 MINS



Activity 1: Movement and Mood 🖉



- Lead the class in 2-3 short movement activities (e.g., jumping jacks, stretching, dance).
- Before starting, ask students to rate or draw their mood on the handout.
- After each movement, have them rate/draw mood again.
- Discussion: "How do you feel after moving? Did your mood change?
- Invite a few volunteers to share their reflections.

Activity handouts:

ACTIVITY 2



TIME: 10 MINS



My Active Week Challenge:



- Have students write down two activities they would like to try out this week.
- Encourage creativity (refer to the example list on slide).
- Ask students to share their choices with a partner or the class.

REFLECTION



TIME: 5 MINS



Conclusions and Reflections: 🗐



- Recap the main points of the lesson: "Today we learned how movement helps our mood and how small activities add up"
- Remind students that any movement counts-find what you enjoy!
- Encourage students to try their chosen activities and notice how they feel

WRAP-UP ACTIVITY Optional



Ask students to:



» Write reflective questions on a beach ball, such as "What did you learn today?" or "How did moving make you feel?

Students pass the beach ball around and answer the question they touch when they catch the ball

My Wellness Journey: Moving and Feeling Great!

Name: Date: Date:	Name:	
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Did You Know?

- Being active helps you feel happier and more confident!
- Regular exercise can help you sleep better and focus more on school.
- Playing sports or doing fun activities with friends can boost your mood.
- Remember all activities add up! If you walk to school for 20 minutes, play volleyball with friends for 20 minutes after school then do yoga for 20 minutes in the evening you have met the physical activity goal of 60 minutes per day!

Fun Activities to Try:

- Dancing to my favorite song
- Playing a sport with friends
- · Going for a bike ride
- Trying a new yoga pose
- Having a jump rope contest
- Creating an obstacle course

My Mood Tracker

	Draw a face that shows I	List 2 activities you would like to try (you can choose from the	
	Before activity:	After activity:	list or come up with your own.
Activity 1			Example: this week I would like to try doing tree yoga pose every night.
Activity	Before activity:	After activity:	Activity I would like to try: 1.
2			2.
Activity 3	Before activity:	After activity:	This week, I will:
Activity 4	Before activity:	After activity:	

Moving your body for 60 minutes a day helps your mind feel awesome too!

