

Task-Based Activity: Create a physical activity plan

Laubach Connection: Laubach Way to Reading (LWR) Book 3, Lesson 12

OALCF Link

Relevant Goal Paths

Independence

Rationale: Learners on the Independence Path may need to create a physical activity plan to maintain their health.

Task-Based Activity Description: The learner will read a brief text (tips for physical activity) to locate specific details and complete a simple form (physical activity plan).

Competency, Task Group and Level Indicators

(See Assessment page for performance descriptors)

A: Find and Use Information

A1: Read continuous text

- **A1.2:** Read texts to locate and connect ideas and information

B: Communicate Ideas and Information

B3: Complete and create documents

- **B3.2a** Use layout to determine where to make entries into simple documents

C: Understand and Use Numbers

C2: Use measures

- **C2.1** Measure time and make simple comparisons and calculations

Materials Required

- Pen or pencil and eraser
- Question sheets

Overview

Activity Introduction

This task uses a short excerpt with tips about physical activity for adults and a blank physical activity plan template.

In lesson twelve, Fran is running. Discuss with the learner if they exercise on a regular basis. Discuss the importance of exercise for health.

New words

Determine any new words that you think are being introduced in the activity and review those words with the learner. Suggested words include: moderate, vigorous, variety, template

Instructions

1. Have the learner fill in their name and the date.
2. Have the learner complete the pre self-assessment.
3. Have the learner complete the task-based activity.
4. After completing the activity, have the learner complete the post self-assessment.
5. After the learner has completed the task-based activity, complete the assessment section and review the results with the learner.

Extension activities

- Make a list of all the “free” physical activities you can do locally
- Transfer the activity plan to a calendar format
- Create a healthy eating plan