Name: ___Teacher Version_____   Date: _____   Class/Period:_____

<u>Lesson 7.1: What do you typically do on a winter day? summer day?</u>

1. In January, it snows 6 inches early in the morning and school is cancelled. Around 9 am it stops snowing and it is beautiful and sunny the rest of the day with fresh snow on the ground. You have the whole day free. What are some typical activities that you might do? List them below.

Students' responses will vary. They could include activities such as – watching TV, hanging out with friends, sledding, shoveling snow, talking on the phone, surfing the internet, etc.

2. It is a Saturday in August and you have the day off. It is 80 degrees and sunny out. You have the whole day free. What are some typical activities that you might do? List them below.

Students' responses will vary. They could include activities such as – going to a park, playing basketball, going for a walk, watching TV, hanging out with friends, talking on the phone, etc.

Name: _____   **Date: _____**   **Class/Period:_____**

<u>Lesson 7.2: How does the availability of green space in a city impact individual health?</u>

<u>Purpose</u>
In this lesson, you will investigate the activities of three high school students all of whom live in the same city, but in different areas of the city.

<u>Prediction</u>
Think about different areas of your city. Do you think where someone lives in the city influences how physically active they are? Why or why not?

Students' responses will vary. They may think it does not matter where you live, but rather what you are interested in or they think it might matter whether or not you live near parks or basketball courts.

<u>Procedure</u>
1. Three high school students all live in the same city in different areas and they all have the day off. The schedules of the three students are described below.

- Student A:
  - *Location*: Lives 0.2 miles from a small park with basketball courts and a playground. Lives 1 mile from a large park with a pond, large grassy areas, basketball courts, tennis courts, baseball field, soccer field and other activities.
  - *Activities*: In the morning, sits and watches TV (1 hour). Goes across the street to play basketball. Shoots baskets (30 min). Then plays basketball (1 ½ hours). In the afternoon, walks over to the large park (30 min). Sits and hangs out with friends (1 hour 30 min). Talks a walk around the pond (45 min) and throws a Frisbee with a friend (45 min). Walks back home (30 min).

- Student B:
  - *Location:* Lives 0.75 mile from a small park with basketball courts and a playground.
  - *Activities:* In the morning, sits and watches TV (2 hour 30 min) and talks on the phone (30 min). In the afternoon, walks to the park (20 min). Plays basketball (1 ½ hours). Stands around and hangs out with friends (1 hour 50 min). Walks back home (20 min).

- Student C:
  - *Location*: Lives 2 miles from a small park with basketball courts and a playground.
  - *Activities*: In the morning, sleeps late (1 hour) and then sits and watches TV (2 hours). In the afternoon, talks on the phone with friends (30 min). Walks to the pizza shop on the corner (10 min) and sits and hangs out with friends (2 hour 20 min). Walks back home (10 min) and runs into friends. Stands at street corner and talks (40 min).

2. Read the table below to find out how many calories the three students burned for the various activities. All three students weigh approximately 165 pounds so they burned

similar numbers of calories for completing the same activity. Add up the number of calories for each activity to determine the total number of calories for each student.

Results:

Time of Day	Student A (Close to 2 parks)	Student B (0.75 miles to 1 park)	Student C (2 miles to 1 park)
Morning	Sitting. 60 min. • Calories = ___79___ Basketball shooting baskets. 30 min. • Calories = ___168___ Basketball game full court. 90 min • Calories = ___1233__	Sitting. 150 min. • Calories = ___198___ Talking on phone. 30 min. • Calories = ___40___	Sleeping 60 min. • Calories = ___69___ Sitting. 120 min. • Calories = ___158___
Afternoon	Walking 2 mph 105 min • Calories = __364___ Sitting 90 min • Calories = __119___ Frisbee 45 min • Calories = ___171___	Walking 2 mph 40 min • Calories = ___139___ Standing 110 min • Calories = _163____ Basketball game full court. 90 min • Calories = __1233___	Talking on phone 30 min • Calories = ___40___ Walking 2mph 20 min • Calories = ___69___ Sitting 150 min • Calories = ___198___ Standing. 40 min Calories = ___59___
Total Calories	2134 Calories	1773 Calories	593 Calories

Conclusion

1. How did where the students live impact their activities and number of calories burned?

The two students who lived close to parks burned more calories. Student A lived close to two parks and he/she engaged in a variety of activities in both parks, which caused him/her to burn a high number of calories. Student B lived near one park. He/she did not burn as many calories, but did play basketball in the afternoon so burned a number of calories. Student C lived the farthest from a park and never went to the park. He/she spent most of the time sitting or hanging around and burned very few calories.

2. What conclusions can you make about the impact of green space and parks on health?

Green spaces and parks provide a place where people can be physically active, which allows them to burn more calories and promotes greater health. Even just walking to and around a park is going to burn more calories than sitting down and hanging out all day.