



## ***How Many Calories Burned?***

### ***Health & PE – All Grades***

**Students learn about calories and how many calories are burned in various outdoor activities.**

Materials:

- Internet connection (optional)

Instructions:

1. Have a discussion with the students about calories. Here are some ideas:
  - a. What is a calorie? A calorie is a unit of measurement — but it doesn't measure weight or length. A calorie is a unit of energy. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it.
  - b. Are calories bad for you? Calories aren't bad for you. Your body needs calories for energy. But eating too many calories — and not burning enough of them off through activity — can lead to weight gain.
2. In order to stay healthy and avoid weight gain, it's important to engage in regular physical activity to burn off the extra calories we eat. Discuss with students some favorite outdoor activities they like to do.
3. On the following pages is a chart with various activities your students might mention. Have them guess how many calories are burned in each activity. Check using the answers provided (created using an average weight of 100 pounds, and activity duration of 30 minutes).

**\*\* Lesson Enhancement:**

- If you have an internet connection in your classroom, go to the following site for more activities, or to adjust the weight or time duration:  
[http://www.chipkids.com/health\\_calculators/calories\\_burned\\_in\\_sports\\_activities.html](http://www.chipkids.com/health_calculators/calories_burned_in_sports_activities.html)
- Challenge the students to keep track of their physical activity for a week, and use the link provided above to record how many calories they have burned.



### How Many Calories Burned?

| Activity                     | Calories Burned (30 mins) |
|------------------------------|---------------------------|
| Playing in a basketball game | 182                       |
| Bicycle riding (fast)        | 227                       |
| Fishing                      | 91                        |
| Football                     | 182                       |
| Gymnastics                   | 91                        |
| Hiking                       | 136                       |
| Ice skating                  | 159                       |
| Skateboarding                | 113                       |
| Skiing                       | 136                       |
| Softball                     | 113                       |
| Swimming                     | 136                       |
| Walking                      | 80                        |

(Source: kidshealth.org, *Learning About Calories*; chipkids.com, *Calories Burned in Sport Activities*)