
Health, Exercise, and Fitness

Prentice Hall *Middle Grades Mathematics Course 2*

Activity 1: Your Own TV Show

You have been chosen from several middle grades students to star in your own health, exercise, and fitness TV show. Your first step is to meet with the producers and decide what type of show it is going to be.

Consider these questions as you plan your show:

- What will be the name of your show? How long will it run? Will it be a weekly show?
- To what age group will you target the program? students? adults? senior citizens?
- What topics will you cover? exercise? healthy eating?
- What exercise demonstrations might you include?
- What guests will appear on your show?

Projects

- Develop your TV show. Write out each scene or segment and describe the action.
- Write a summary of the show to put in “TV Guide” and the TV section of the newspaper.