

## GYM CLASS STRENGTH



### LESSON 3

#### **3.7 Analyze the role that physical activity plays in social interaction and cooperative opportunities in the family and the workplace.**

**Overview:** Lesson 3 picks up where Lesson 1 and 2 left off, and continues to challenge our thinking around group dynamics and physical activity. How does physical activity impact social interactions, especially when we consider competitive sports? How do cooperative activities, such as group workout classes, fit into this conversation? How will your family or work life be different if you live an active life versus a sedentary one?

**Plan:** Combine this lesson with physical activity, beginning with a warmup and moving into a main workout. You can do this before or after the day's exercise activity -- whichever makes more sense to you.

**Tips:** Use past experiences and future goals to inform your response.

**Outcomes:** Write a brief essay, conduct a discussion, or make a short video explaining your findings.