



## **LESSON 2**

### **3.6 Discuss the changing psychological and sociological needs of a diverse society in relation to physical activity.**

**Overview:** Lesson 2 seeks to build on our initial understanding of why physical education is a critical part of whole-person development. How have activity levels changed over time? How has our population changed? How do these changes impact our societal health and wellbeing?

**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 U.S. Census data and other sources to understand our diverse society, including the ways it has changed over time. Combine this knowledge with some of the research from Lesson 1 in order to build an argument as to how our needs may change with regard to mental health, physical health, and social cohesion.

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