

Title: BMI BASICS

Instructional Focus:

1. 6th grade – M.A.6.S.6.1; M.A.6.A.3.1
2. 7th grade – MA.7.A.1.2
3. 8th grade – MA.8.S.3.2

Vocabulary:

1. Mean/Median/Mode

Materials/Resources/Graphic Organizer:

1. BMI Chart drawn on butcher paper/Dry Erase Board (view link for example)
http://www.fitnessjournal.org/tour_stats.html
2. Markers
3. Height and Weight Variables
4. BMI Handout

Instruction Type(s):

1. Independent/Collaborative Practice
2. Guided practice

Components:

1. Divide the classroom into small groups of approximately 3 students.
2. Give each group a set of height and weight. For example:
 - a. Group 1 – Sally is 5'4" and weighs 120 pounds
 - b. Group 2 – Jimmy is 5'11" and weighs 182 pounds
 - c. Etc. Etc. Etc.
3. Give each group the BMI handout.
4. Have each group calculate the BMI of the "person" they were assigned.
 - a. Have the group draw a star on the BMI chart indicating which category their "person" belongs.
 - b. Also have each group write their "persons" BMI on the board
5. Based on the BMI data from each group, have the students calculate:
 - a. Mean/Median/Mode
 - b. What percentage of the group is considered healthy, overweight, obese.
6. Give the students several variables that will change the data set/outcomes:
 - a. What if your "person" gained 5 pounds.
 - b. What if your "person" was 3 inches shorter.
 - c. What if your "person" was 2 inches taller and weighed 10 pounds less.
 - i. Have them recalculate BMI, Mean, Median, and Mode based on their new information.
7. Prepare several questions for the students to answer based on their results.