**Description:** Given the information learned in this unit, you will construct a poster that will be displayed at the elementary school. This poster will need to meet the requirements below. Most importantly, you need to understand your target audience. Your goal is to grab the attention of students in the 3rd through 6th grade, while teaching them very important concepts about physical activity. The quality of presentation is very important on this project. Make sure you take pride in your work!

**Cosmetic Requirements:**

* Name & Date
* Poster Size (at least 14 inches by 22 inches, no bigger than 22 inches by 28 inches)
* Pictures (must include at least 2 pictures)
* Text (Must be able to read from a distance of at least 6 feet)
* Typed (anything done by hand must be approved before starting/finishing project).

**Information Requirements:**

* What is physical activity? What are different types of physical activity?
* What are the recommendations for physical activity for this age group?
* Why is physical activity important (physical, mental, academic, social)?
* Explain heart rate and its relationship with physical activity.
* Tips/ideas on how to get more active!
* Display statistics/facts that may be interesting and help grab the audience’s attention.

