

BEING ACTIVE AND HEALTHY



**THINKING ABOUT HOW
ACTIVE WE ARE NOW AND
THE WAYS WE CAN
BECOME MORE ACTIVE.**

**WHY IS BEING ACTIVE
IMPORTANT?**

**WHAT ARE SOME OF THE
WAYS YOU STAY ACTIVE?**

A WORD FROM OUR PARKLAND SPORTS AMBASSADORS...



**WATCH THE
FOLLOWING CLIP.
HAVE A THINK
ABOUT WHY BEING
ACTIVE IS REALLY
IMPORTANT.**

HELPS US GROW

STRONG MUSCLES AND BONES

HELPS US TO MOVE

SPEND TIME WITH FRIENDS AND MAKE NEW ONES

LEARN NEW SKILLS AND SPORTS

FITNESS

PREVENT ILLNESS

HEALTHY WEIGHT

MORE CONFIDENT

SLEEP BETTER

FREE FROM ACHES AND PAINS

CHALLENGE YOURSELF

FUN AND ENJOYMENT

FEEL HAPPY AND ENERGETIC



We should all try to be active in as many different ways as possible.

LET'S FIND OUT HOW MUCH WE ALL KNOW ABOUT BEING ACTIVE AND HEALTHY...!



QUESTION 1.

HOW MUCH PHYSICAL ACTIVITY SHOULD A 5-11 YEAR OLD DO EVERY DAY?

A) 10 MINUTES

B) 30 MINUTES

C) 1 HOUR



QUESTION 2.

**WHICH OF THE FOLLOWING COUNT
TOWARDS YOUR HOUR OF PHYSICAL
ACTIVITY?**

A) WALKING THE DOG

B) RIDING A SCOOTER TO SCHOOL

C) YOUR PE LESSON

QUESTION 3.

HOW MANY GLASSES OF WATER SHOULD A 5-8 YEAR OLD HAVE EACH DAY?

A) 1 GLASS

B) 3 GLASSES

C) 5 GLASSES



QUESTION 4)

**HOW LONG SHOULD YOU SPEND
WATCHING TV OR PLAYING ON THE
COMPUTER EACH DAY?**

A) ONLY HALF AN HOUR

B) UP TO 2 HOURS

C) 3 HOURS OR MORE