

Identifying how to be more physically active and its benefits

Activity 1



QUIZ – video link

<https://www.youtube.com/watch?v=wVF7DKscA8>

From the video you have just watched, answer the following questions:

1. What is the difference between physical activity and exercise?

There is no difference

Physical activity is any bodily movement, whereas exercise is a planned and sustained physical activity

2. What level of intensity would running and skipping fall into?

High intensity

Moderate intensity

Light intensity

3. How can children meet 180 minutes of physical activity every day? **Tick all that apply**

School activities

Extracurricular activities (playing in park, ball games)

Daily activities

Watching tv

4. How does 'too much screen time' affect us? **Tick all that apply**

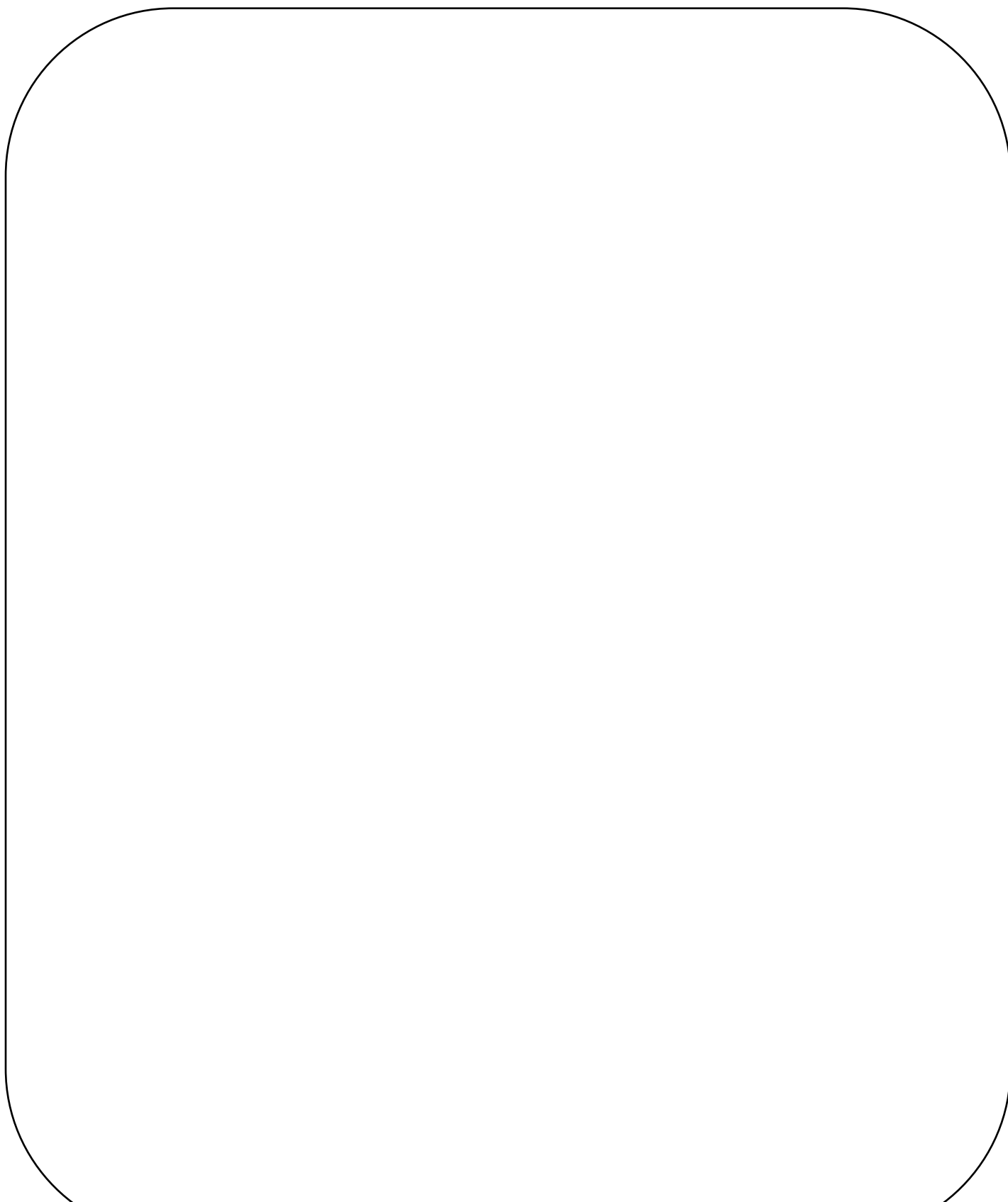
Inability to sleep

Affects language ability

Imitate bad behaviour

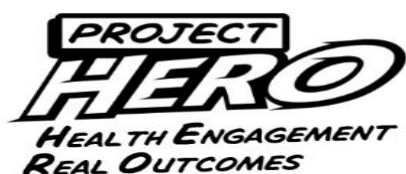
Activity 2 – Physically active me!

In the box, draw yourself taking part in a light intensity, moderate intensity, and high intensity activity. Use the video to help you remember the different activities for each intensity.



Activity 3

Print out the activity passport and complete one new health hero activity per week.



MY ACTIVITY PASSPORT



GUY'S &
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CHARITY

Name

Start Date

End Date

Health Hero Challenges



1. Plant some bulbs and watch them grow
2. Go hiking/walk around a park
3. Make a healthy sandwich
4. Taste a new fruit
5. Choreograph and perform a dance
6. Join a club before or after school
7. Walk alongside a river/pond
8. Try yoga
9. Eat something you've not tried before
10. Walk to a local landmark
11. Make up your own game and teach it to someone
12. Go swimming
13. Learn to moonwalk
14. Climb something that is taller than you
15. Pick litter in your local area
16. Walk to the top of a hill
17. Learn a new game
18. Take part in your mini park run
19. Ride a bike or scooter
20. Play a team sport



Date