

TeachingEnglish lessons

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Are you active or not?

May 2021

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# Are you active or not?



## Match:

zero/low intensity activities •

- your body has to do some work, but you can still speak easily (but you can't sing!)

medium intensity activities •

- your body has to work hard, you feel out of breath and it's difficult to speak

high intensity activities •

- your body is not active or not very active

# Are you active or not?



**Copy this table:**

zero/low intensity activities	medium intensity activities	high intensity activities



# Are you active or not?



## **Write the activities in your table:**

dancing

drawing or painting

gymnastics

martial arts

playing computer games

playing in the playground

playing tag or chase

playing the piano

reading a book

riding a bike

riding a bike fast or on hills

riding a scooter

rollerblading

running

skateboarding

skipping with a rope

sports like football and hockey

travelling by car

walking fast

walking slowly

walking the dog

walking up the stairs

watching videos

watching TV

# Are you active or not?

## Suggested answers:

zero/low intensity activities	medium intensity activities	high intensity activities
playing the piano walking slowly playing computer games watching TV watching videos reading a book drawing or painting travelling by car	walking the dog walking fast playing in the playground riding a bike riding a scooter skateboarding rollerblading dancing	walking up the stairs running playing tag or chase riding a bike fast or on hills skipping with a rope sports like football and hockey gymnastics martial arts



# Are you active or not?

How much physical activity do you need to do every day?

Do you do enough? Let's find out!

- Write the numbers 1 to 7.
- Read the questions.
- Write *a*, *b* or *c* next to each number.



# Are you active or not?

1. Do you walk or ride your bike to school or another place?

a. Yes, every day.

b. Some days.

c. No.



# Are you active or not?

2. Do you play in the playground (doing something active) at school in break times?

- a. Yes, every day.
- b. Some days.
- c. No.





# Are you active or not?

3. Do you have sports lessons at school?

- a. Yes, every day.
- b. Some days.
- c. No.



# Are you active or not?

4. Do you ride your bike or scooter, or go skateboarding or rollerblading after school?

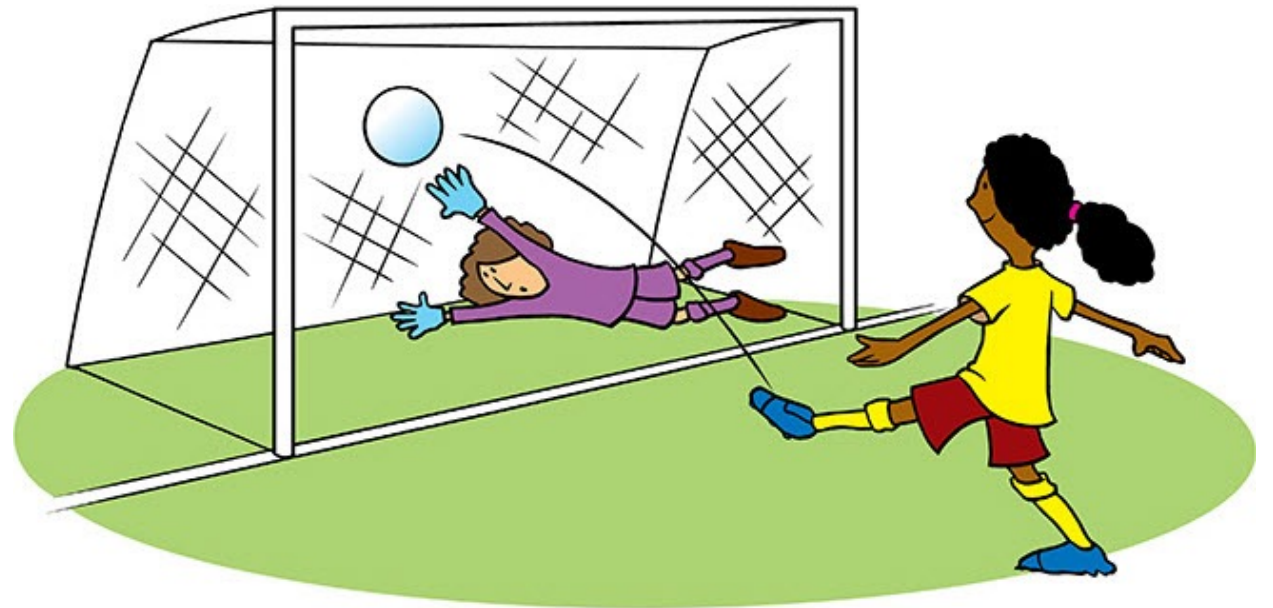
- a. Yes, every day.
- b. Some days.
- c. No.



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5. Do you do a sports activity, like football or gymnastics, after school?

- a. Yes, every day.
- b. Some days.
- c. No.



# Are you active or not?

6. Do you do another physical activity that makes you breathe harder?

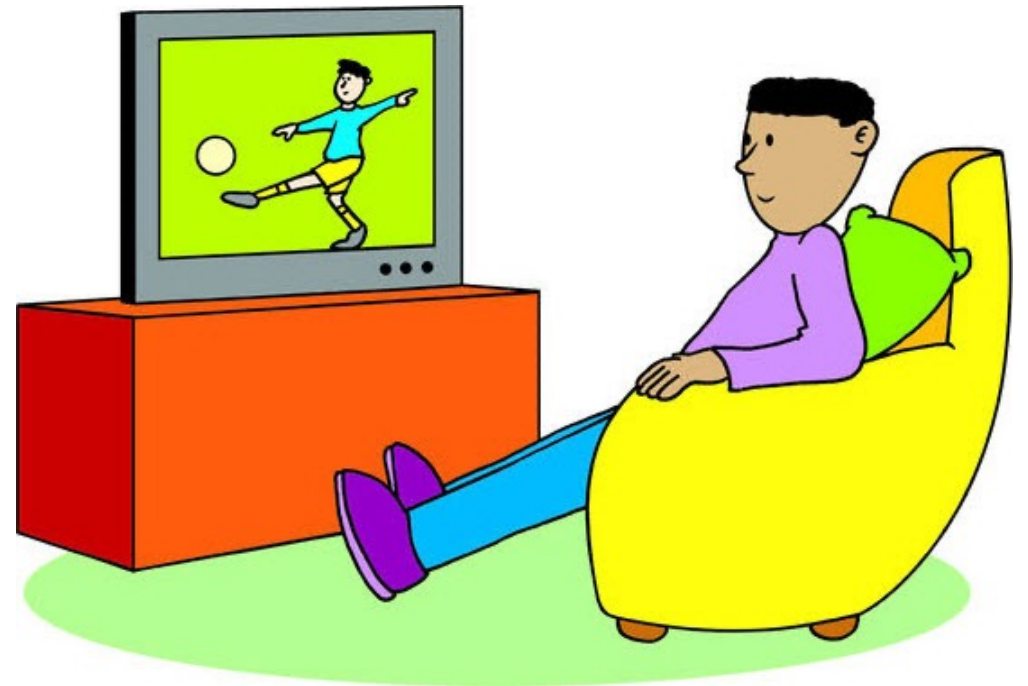
- a. Yes, every day.
- b. Some days.
- c. No.



# Are you active or not?

7. How many hours do you spend looking at a screen every day (for fun, not for school or homework), like watching TV, playing computer games, watching videos or chatting to your friends online?

- a. Less than one hour.
- b. Between one and two hours.
- c. More than two hours.



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# Are you active or not?

## Results

Mostly As: Great! It looks like you do lots of physical activities every day. Well done!

Mostly Bs: Keep going! It looks like you do some different activities every day. Does it add up to 60 minutes? If yes, great! If not, what other activities would you like to try?

Mostly Cs: OK, let's see. It looks like you don't do many different physical activities every day. Do you do one or two activities for a longer time? If not, try to do more. What activities would you like to try?

# Are you active or not?



How many minutes of exercise does Lia do every day?

When	What	How long
before school	do an exercise video	5 minutes
going to school	walk to school	10 minutes
at lunch time	play a running game with my friends in the playground	15 minutes
after school (Tuesdays and Fridays)	go to swimming lessons	30 minutes
after school (Mondays, Wednesdays and Thursdays)	ride my bike in the park (if it's sunny) OR dance to my favourite songs at home (if it's rainy)	20 minutes
	do some skipping or hula-hooping	10 minutes
in the evening	walk the dog	15 minutes
<b>Total:</b>		

# Are you active or not?



## My daily exercise chart!

Name: \_\_\_\_\_

When	What	How long
		<b>Total:</b>



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Thanks for coming!