

Health

Physical Activity



For Middle Primary

Contents

| | |
|---|--------|
| On The Move..... | Page 3 |
| Increase Physical Activity Levels | Page 4 |
| How Active Am I? | Page 5 |
| Get Physical..... | Page 6 |
| Physical Activity And Sleep | Page 7 |
| Physical Activity Survey..... | Page 8 |
| Answers..... | Page 9 |

Title: **Physical Activity** For Single Primary
Published by **Ready-Ed Publications** © 2019
Taken from: **Health For Years 3-6 (Part 1)**
Author: Lisa Craig Illustrator: Alison Mutton

Copyright Notice

The purchasing educational institution and its staff have the right to make copies of the whole or part of this book, beyond their rights under the Australian Copyright Act 1968 (the Act), provided that:

1. *The number of copies does not exceed the number reasonably required by the educational institution to satisfy its teaching purposes;*
2. *Copies are made only by reprographic means (photocopying), not by electronic/digital means, and not stored or transmitted;*
3. *Copies are not sold or lent;*
4. *Every copy made clearly shows the footnote, 'Ready-Ed Publications.'*

Any copying of this book by an educational institution or its staff outside of this blackline master licence may fall within the educational statutory licence under the Act.

The Act allows a maximum of one chapter or 10% of the pages of this book, whichever is the greater, to be reproduced and/or communicated by any educational institution for its educational purposes provided that educational institution (or the body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under Act.

For details of the CAL licence for educational institutions contact:

Copyright Agency Limited
Level 19, 157 Liverpool Street
Sydney NSW 2000
Telephone: (02) 9394 7600
Facsimile: (02) 9394 7601
E-mail: info@copyright.com.au

Reproduction and Communication by others

Except as otherwise permitted by this blackline master licence or under the Act (for example, any fair dealing for the purposes of study, research, criticism or review) no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission. All inquiries should be made to the publisher.

Ready-Ed Publications:
info@readyed.com.au
www.readyed.net

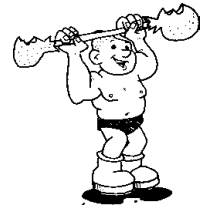
ON THE MOVE

A balanced diet is one step towards achieving a healthy life - the other step is being active. Physical activity is essential for keeping our bodies in good shape and our minds alert. Read the top seven reasons why you should be on the move.

1

It makes your bones and muscles stronger.

Putting weight on bones during physical activity helps to grow new bone tissue. Muscles become stronger when they push and pull against bones.



2

It helps you to maintain a healthy weight.

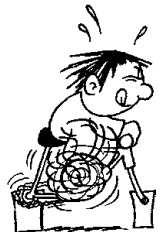
Overweight people are vulnerable to diseases, even in their teens. Being active burns up calories that you get from food so that you don't put on weight.



3

It's great for keeping your heart fit.

Your heart is a muscle. When you exercise, your heart exercises too. It becomes more efficient at pumping blood around your body and delivering oxygen.



4

Develops balance and agility.

Exercise builds skills to get you ready for sports and activities that require quick reflexes and balance. Great for ballet, basketball, soccer, and skateboarding.



5

It helps you to relax or let off steam.

Physical activity sends chemicals to the brain that can help you to relax and feel happier. Learning new exercises can also boost your self-confidence.



6

It can improve your learning.

It's true! Exercise sends more oxygen to the brain and fires up neurons that transmit messages. Being fit can improve your memory and thinking skills.



7

It's a way of meeting and making friends.

Whether it's playing in the park, helping on a beach clean-up or joining a sports club, you're bound to meet new people, who can turn into good friends.

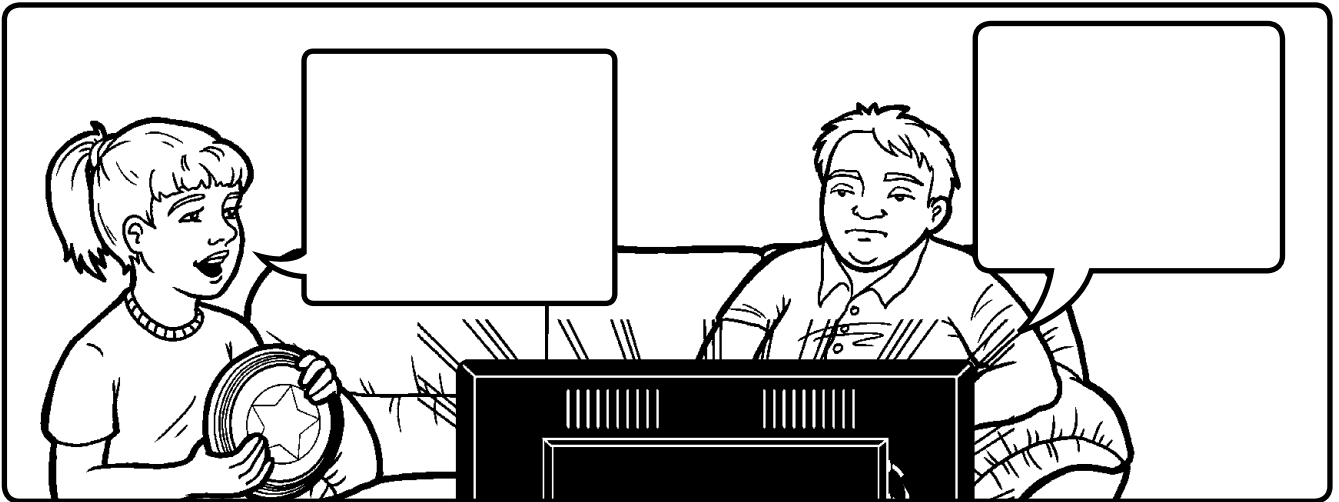


☐ Can you think of another good reason for doing physical activities?

Activity

Increase Physical Activity Levels

1. Look at this cartoon. What do you think the father and daughter are saying? Fill in the cartoon's speech bubbles. Share your ideas with a partner.



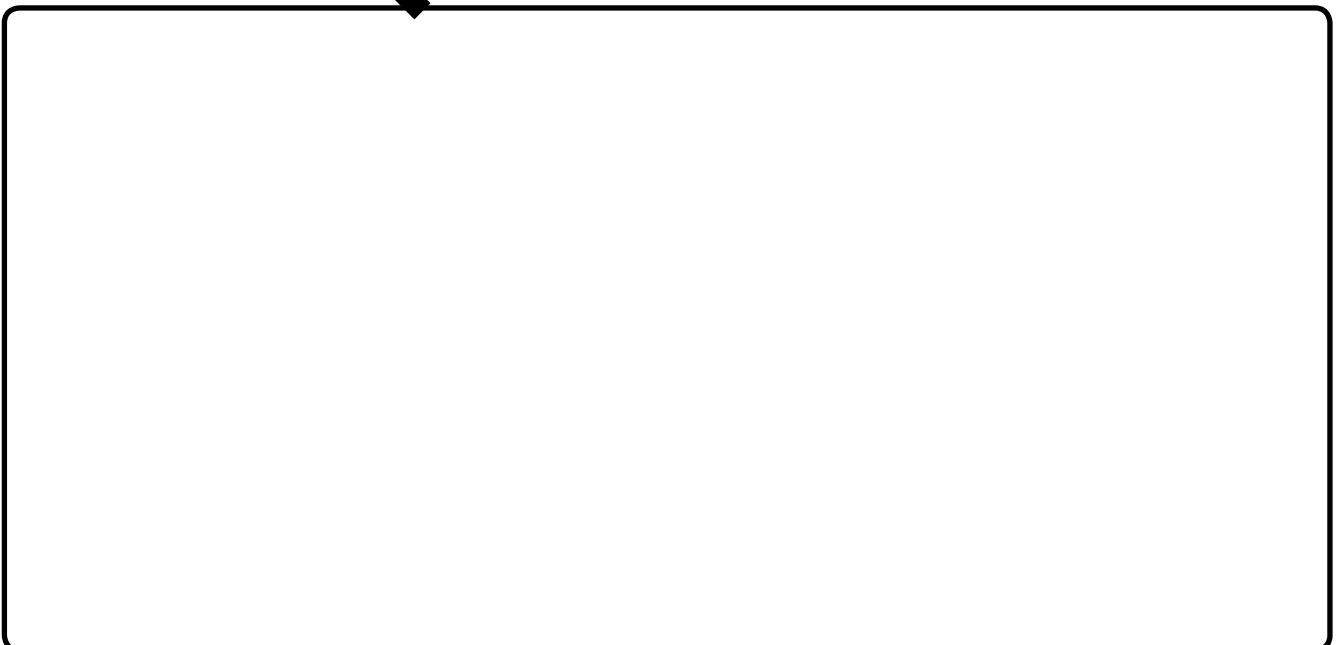
2. Write down three excuses that people usually give for not doing physical activity.

Excuse 1

Excuse 2

Excuse 3

3. Draw the next frame in the cartoon, where the daughter convinces her father to go outside and play Frisbee. Suggest two arguments that the daughter might have used. Use the information on the previous page to help you.



Activity

How Active Am I?

Are you investing in a healthy future?

To develop your physical fitness, it is recommended that you have at least one hour a day of physical activity that leaves you huffing and puffing, your face a bit flushed and perhaps a little sweaty. That's how you get active!

- ☐ In the spaces below, write the physical activities that you engaged in last week and the approximate time that you took to complete each activity. Don't forget that walking or riding your bike to school counts too!

[illegible]

Answer the questions based on the information above.

1. How long in total did you spend doing physical activities? _____
2. Now subtract the time that you spent each day watching T.V., playing video games and sitting in front of the computer. _____
3. Do have more active time or sitting down time? _____

Sitting down time (being sedentary) in front of a computer or a T.V. screen for more than two hours a day can be harmful to your health. It's not healthy for you because:

- sitting down for hours each day can lead to you becoming overweight or obese;
- you might be snacking on sugary or fatty foods in front of the T.V. or computer;
- you are not getting enough physical exercise;
- you are missing out on fun with family and friends.



- ☐ Not everyone likes organised sports or doing physical activities on their own. However, there are plenty of everyday activities that you can do to work towards your target of at least one hour of physical activity a day.

Work with a partner. Look at the following scenes and propose how you could make this into a physical activity. Report your ideas to the class.

1

You go to the shops with your Mum.



2

Your Dad is gardening outside.



3

You watch a music video clip on T.V.



4

Your dog is sitting by the back door.



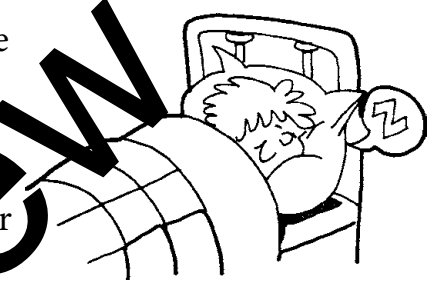
- ☐ Read this news article about the relationship between physical activity and a good night's sleep. Answer the following questions.

Sweet Dreams

Studies show that children sleep much better and feel more alert during the day if they have had at least two and a half hours of moderate physical activity a week. In fact, for every hour a child remains inactive during the day, it adds three minutes to the time it takes for him or her to fall asleep at night.

Research has shown that physical activity has many benefits for your health, particularly in the combat against heart disease and obesity. Now scientists have added a good night's sleep to the list, along with better concentration, even when you are feeling tired.

A restful night is important for school children. There is a link between sleeping poorly and lower school performance. For school-aged children, doctors recommend at least nine hours sleep a night. It is also recommended that parents set a regular bedtime hour and waking up time and stick to it.



1. Find four benefits of regular physical activity mentioned in the article.

Benefit 1: _____

Benefit 2: _____

Benefit 3: _____

Benefit 4: _____

2. How can parents help children to get a good night's sleep?

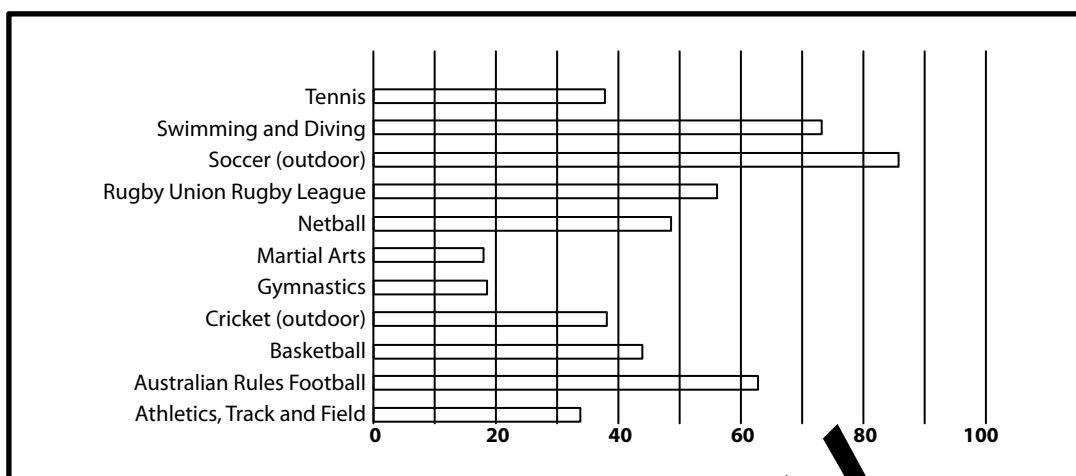
3. Two and a half hours a week of physical activity equates to about 20-25 minutes every day. Record below how you reach (or could reach) this daily target.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |

Activity

Physical Activity Survey

- Look at the graph below which identifies the twelve most popular organised sports. It shows children's participation (%) during the last 12 months in these sports. (Source: ABS 2013)



- It's time to find out how your classmates keep fit. You are going to conduct a classroom survey to find out who in your class has participated in the specified organised sports during the last 12 months. Also find out if there are any organised sports that your classmates have been participating in that are not on the list. Show your results below.

| SPORT | Girls | Boys | Total |
|-----------------------------|-------|------|-------|
| Tennis | | | |
| Swimming and/or Diving | | | |
| Soccer (outdoor) | | | |
| Rugby Union/League | | | |
| Netball | | | |
| Martial Arts | | | |
| Gymnastics | | | |
| Cricket (outdoor) | | | |
| Basketball | | | |
| Australian Rules Football | | | |
| Athletics (track and field) | | | |
| | | | |
| | | | |

- The most popular sport for boys: _____ girls: _____
- What other organised sports have your classmates been participating in?

- Overall, do you think your class participates frequently in sports? YES / NO
- Discuss. How do your results compare with the statistics in the graph above?

Page 4

- 1) "Come and play Frisbee in the park with me, Dad." "Not now, I'm watching the footy."
- 2) I'm too tired; I've got other things to do; It's your mother's/brother's turn to play with you; I don't feel like it.
- 3) Check to see if students have incorporated arguments from the Information Page

Page 6

- 1) Offer to push the trolley.
- 2) Join him in the garden and rake leaves, push the wheelbarrow, and weed.
- 3) Dance and mime to the song.
- 4) Take the dog for a walk, play fetch.

Page 7

- 1) Benefits could include: better sleep, more alert, better concentration, better academic performance, easier to fall asleep at night.
- 2) Setting a regular bedtime and waking up time.

Preview