


 15 MINS+

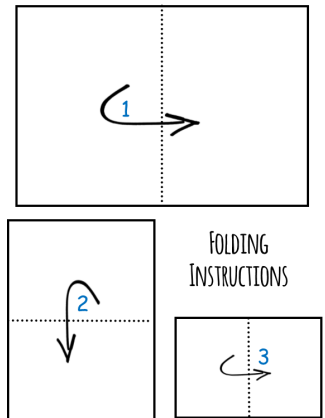

PENCIL, A4 PAPER, SCISSORS, COLOURED PENCILS/MARKERS (OPTIONAL)

Make your own Activity Cards

Aim: Make a set of Activity Cards showing the things you do every day.

Instructions:

- Divide an A4 page into 8 sections by folding it three times as shown. Repeat this with another page. This will give you 16 sections in total.
- Carefully cut along the folds on each page to create 16 separate blank Activity Cards. **You can ask an adult to help you with this.**
- Come up with a list of things you do every day, from sleeping to eating, school work to watching TV or playing. What do you like to play? What else do you like to do? Write each thing down on its own Activity Card. You can fold another page to make more if you need to.



Extension: You can draw a picture to show your activity and use coloured pencils to decorate your cards.

 15 MINS



USE YOUR ACTIVITY CARDS, STOPWATCH/TIMER

Sorting Activity

Aim: Make decisions about what counts as physical activity and what doesn't. Use your Activity Cards to complete sorting tasks.

Instructions:

- Which of your cards show physical activities? Sort them into **two** piles: **physical** and **not physical**.
- If you don't have very many physical activities, can you come up with a few that could be easy to do at home? For example, skipping, dancing or playing hide-and-seek. Set a **1 minute timer** and do something really active on the spot. How did it make you feel?
- Which activity card makes you the **most tired** or **most out of breath** when you do it? This is the **most physically active**. Sort the others into order from **most active** to **least active**.
- Choose your **Top 3 favourite** physical activities. What do you enjoy most about these?



A physical activity is one where you're moving around or moving your body. You might get out of breath or even feel hot or sweaty.

Extension: Can you think of fun and interesting ways to make any of the other things a bit more active? Write your ideas on the back of your cards. For example, could you do star jumps while watching TV?