



ACTIVITY 1

UNDERSTANDING WHAT YOU READ

Read the content for this topic then answer the following questions to see how much you understand about what you read.

1. How many minutes a day should teenagers do physical activity?
2. **True of False** – Physical activity can't impact concentration.
3. What can physical activity help build?
4. How does participating in Physical Activity help increase social interaction?
5. Which word in the text means:- *to advise or suggest*.
6. Is walking considered to be a moderate / vigorous activity?
7. How many hours of screen time per day is recommended?
8. According to statistics, what percentage of children and young people don't meet the physical activity recommendations?
9. What does ABS stand for?
10. What is active transport?



ACTIVITY 2

ACTIVE ACTIVITIES

There are many sports and activities you can choose from to help keep you healthy and active. Find a list of activities by cracking the code. In the grid below all the letters have been replaced by numbers. Each number represents the same letter throughout the grid. Some letters have already been filled in for you to help you get started.

5	11	16	17	17	16	7	22			
11	18	1	19	16	7	22				
6	18	5	3	6	18	1	1			
10	24	16	10	19	3	15				
10	4	10	1	16	7	22				
6	18	5	19	3	15	6	18	1	1	
22	21	1	25							
22	4	17	7	18	5	15	16	10	5	
15	3	7	7	16	5					
14	18	7	10	16	7	22				
18	15	13	1	3	15	16	10	5		
5	9	24	25	16	7	22				
24	21	11	16	7	22					
17	18	24	15	16	18	1	18	24	15	5
5	21	25	15	6	18	1	1			
18	25	1								
7	3	15	6	18	1	1				
24	9	22	6	4						

1	2	3	4	5	6	7	8	9	10	11	12	13
L		E				N						
14	15	16	17	18	19	20	21	22	23	24	25	26
	T					X		G				Q

BE ACTIVE



ACTIVITY 3

In 1975, the *Life Be In It* television campaign, with its catchy TV jingle "Be in it today, live more of your life", was seen promoting exercise and good eating.

Watch the video and answer the questions

<https://www.youtube.com/watch?v=iqnc0KkY9BE>

1. How many in the boat paddling?
2. What game did 'hop' show?
3. Where was the family walking to?
4. How many activities started with 's'.
5. What colour hair does Norm the couch potato have?

Watch the video and fill in the missing blanks in the poem

<https://www.youtube.com/watch?v=bmlrQj6CVI0>

Blake on the telly

Have you copped this bloke on the telly,
Interrupting my f_____ show?
With a tinnie arranged on his b_____,
Reminds me of someone I know.

Not that I'm against physical f_____,
Don't get me wrong on that score.
I could w_____ the fit blokes forever,
But my thumbs inclined to get sore.

And I'm not against watching the telly,
Cripes if that were to go on the b_____,
A bloke would have no sporting interests,
Certainly makes a b_____ think.

Now it's true I might wheeze when walking
Not that I've done much of l_____.
And it's true I've put a few stone on,
But at my a_____ you always gain weight.

So what if I can't t_____ my shoelaces,
So what if I can't see my toes.
I remember what most of 'em look like,
There's really no need to s_____ those.

So when this bloke says "L_____ be in it",
Be in it he says on TV,
I give him a n_____ and change channels,
Cause I know he's not talking to me.



BE ACTIVE



ACTIVITY 4

WORDS AT WORK

In Wordy News this week we defined the word PRODIGIES which was used in the following way:



Many words in the English language begin with pro.
Put the following list into alphabetical order.

proof	process	proximity
provide	prohibit	probe
program	proceeds	promote
profession	prodigy	probably
produce	property	proactive
propel	propose	prove
prod	prompt	prospect
procedure	protect	pronounce
problem	proud	protrude

pro...

BE ACTIVE



ACTIVITY 5

CHECK IT OUT

Making his debut as an inspirational figure for kids through his new book series, is Israel Folau, a phenomenon in the world of football.

Complete his profile



Name:

Nickname:

Born:

Height:

Weight:

Code:

Current Team:

Position:

Career:

Books in Series:

(Check out www.randomhouse.com.au/authors/israel-folau.aspx)

BE ACTIVE



ACTIVITY 6

NEWS IN THE SPOTLIGHT

Showcasing a world class event to tens of thousands of people is a billboard encouraging attendance to an event.

Create a billboard to advertise an event in your school, local area or region.

Choose a catchy phrase or tagline to help promote the event.



EYE CATCHER: Sunshine Coast Marathon ambassador, professional marathon runner and Australia Zoo veterinarian Melanie Panayiotou features on a billboard with Australia Zoo's white rhino, DJ.