



## Week 5– Getting Active

**LOOK ON THE CHANGE 4 LIFE WEBSITE FOR HELP WITH YOUR ANSWERS [www.nhs.uk/change4life](http://www.nhs.uk/change4life)**

Q1. How many minutes of physical Activity should kids aim to complete every day?



Q2. List 5 different types of physical activity.

- 1.
- 2.
- 3.
- 4.
- 5.



Q3. Exercise improves behaviour, self-confidence and social skills?  
(Please circle)

TRUE

FALSE



Q4. Exercise makes your sleep worse?

TRUE

FALSE



Q5. Can you name 5 benefits of physical activity on the human body?

- 1.
- 2.
- 3.
- 4.
- 5.



Q6. Can you complete the exercise session below?

Complete each exercise for 30 seconds then rest for 30 seconds,

1. Star jumps

2. High Knees

3. Frog Jumps

4. Arm circles (15 seconds one way then 15 seconds the other way)

5. Lunges

**REPEAT THE CIRCUIT 5 TIMES**

Q7. See if you can keep an exercise log for a week.

<b>DAY</b>	<b>ACTIVITIES COMPLETED</b>	<b>DURATION OF ACTIVITY</b>
<b>MONDAY</b>		
<b>TUESDAY</b>		
<b>WEDNESDAY</b>		
<b>THURSDAY</b>		
<b>FRIDAY</b>		
<b>SATURDAY</b>		
<b>SUNDAY</b>		