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lesson activity Physical الملف

[Almanahj Website](#) → [American curriculum](#) → [7th Grade](#) → [Physics](#) → [Term 1](#) → [The file](#)

More files for 7th Grade , Subject Physics , Term 1

Worksheet about physical world	1
Worksheet about Adjectives physical description features	2
Worksheet about Physical abilities	3

Lesson 3: Promoting Health, Safety, Wellbeing & Physical Activity Levels



“In NSW, only about a quarter of children aged between 5 and 15 years do at least 60 minutes of moderate to vigorous physical activity each day. Boys in Years 6, 8 and 10 are more active than girls, however physical activity declines with age.”

Task 1: Extended answer (include reasons why and examples)

Question: In reference to the above statement, why do you feel this might be the case?

Task 2:

Regular physical activity helps kids and teens:

- with healthy _____ and _____
- build _____ and _____
- improve _____ and develop _____
- maintain and develop _____
- achieve and maintain a healthy _____
- _____ cardiovascular _____
- _____ and feel more relaxed
- improve _____
- boost _____ and self-esteem
- have _____ with their friends and make new ones

Task 3: Personal activity: Design a personal short, mid and long term fitness/physical activity goal to monitor and update each lesson.

- Short term (will take place in the next 1-2 weeks)

- Mid term (will take place in the next 1-2 months)

- Long term (will take place in the next 1- 5 years)



Task 4: Plan Your Activity

Activity should be no longer than 10-15 mins. It should promote lifelong physical activity. It should be enjoyable and active.

Name of activity:

What will the activity include:

What equipment would be needed?

Who would this activity be delivered to?(age, gender etc)

What would the results of completing this activity be?



Exit card

You are to list down 5 points you have learnt so far in this topic

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