

| الملف lesson activity Physical | |
|--|--|
| $\underline{\text{Almanahj Website}} \rightarrow \underline{\text{American curriculum}} \rightarrow \underline{7\text{th Grade}} \rightarrow \underline{\text{Physics}} \rightarrow \underline{\text{Term 1}} \rightarrow \underline{\text{The file}}$ | |

| 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 |

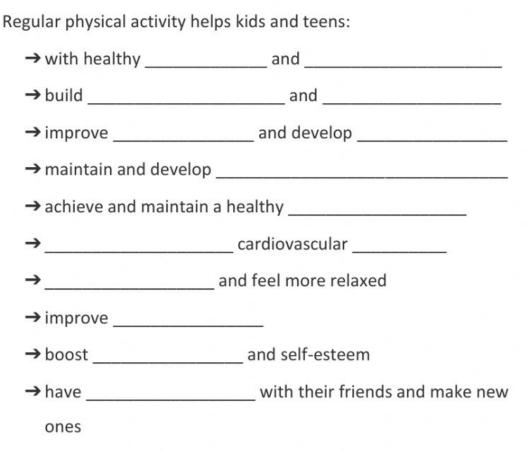
Lesson 3: Promoting Health, Safety, Wellbeing & Physical Activity Levels



"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:



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.