



Indicative A response

Active and healthy lifestyle plan

Year 3

Health & Physical Education (HPE)

Presentation of Active and healthy lifestyle plan

Information for teachers: Students may point to relevant pictures on their poster to support their presentation.

This poster shows my active and healthy lifestyle plan. It shows that I plan to do physical activities and rest activities and eat healthy foods every day.

These pictures here show the physical activities I will do. I like walking, running and soccer. I need to do these for fun and so that my heart and muscles and bones keep strong and working well. I will do them at lunch, after school and on the weekends.

These pictures show the variety of foods that I need to eat every day. This is bread and cereal. I will eat them for breakfast. These pictures of the cow and the fish show the meat that I will eat. These pictures of the potato, carrot and beans show some of the vegetables I would eat. The pictures of the apple, bananas and pineapple are some of the fruit I would eat. I will try to eat fruit at lunch or after school. This is milk and this is cheese. There is no fat in this milk. I will put the milk on my cereal. I would also plan to drink a cup of milk every day if there was any in the fridge. If I try to eat a variety of these foods every day, instead of junk food, I will feel good and

my brain will be able to think well.

These pictures of a bed and a pillow show that I need to sleep at least 8 hours every night. If I get proper sleep then I won't get too tired or grumpy during the day. I will also have energy and be able to concentrate and learn.

These pictures are about me reading a book, watching television and playing computer games. They are quiet rest activities that I like to do because they help me relax my muscles and are interesting and enjoyable to me. I will do these after school and before I go to bed.

I should try to do all of the behaviours and actions on my poster so that I can keep myself healthy for the years to come.