



Student booklet

Active and healthy lifestyle plan

Year 3	Health & Physical Education (HPE)
Name	

Your task is to develop an active and healthy lifestyle plan for yourself and to explain it to the class.

You will:

- complete a mind map, poster and flow chart
- give an oral presentation.

What is an active and healthy lifestyle plan?

An active and healthy lifestyle plan shows types of behaviours and actions you can choose for good health.

How do you develop your active and healthy lifestyle plan?

To develop your active and healthy lifestyle plan you need to:

- ☐ Step 1. Create a mind map.
- ☐ Step 2. Make a poster.

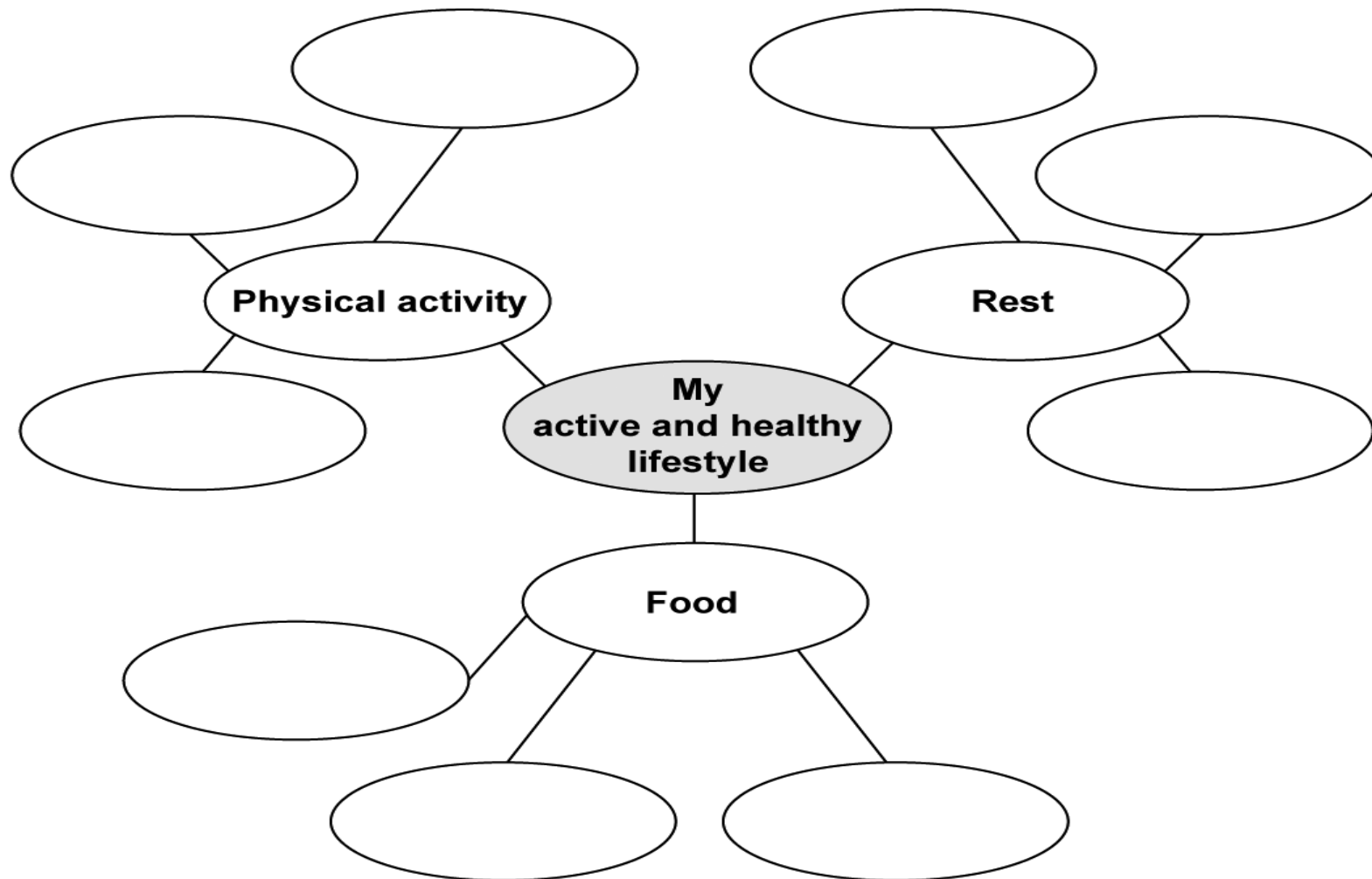
How can you explain your plan?

To prepare for this you need to:

- ☐ Step 3. Fill in the flow chart.
- ☐ Step 4. Rehearse what you will say.
- ☐ Step 5. Present your plan.

Step 1. Create a mind map

Fill in the mind map to plan the types of physical activity, food and rest behaviours and actions you would do to achieve an active and healthy lifestyle. Draw extra bubbles if you need them.



Step 2. Make a poster

Step 3. Fill in the flow chart

Picture(s)	Behaviour? Actions?	How often?	Reasons? • body • feelings • mind
			• _____ • _____ • _____
			• _____ • _____ • _____
			• _____ • _____ • _____

Step 4. Rehearse what you will say

Aim to explain your plan in one minute.

Use your poster and flow chart to help you.

Speak about one behaviour or action at a time by:

- ☐ pointing to the behaviour or action on your poster, naming and describing it
- ☐ saying how often you plan to do the behaviour or action
- ☐ explaining the health reasons for doing this behaviour or action.

Step 5. Present your plan