

Are you active or not?

1. Do you think these activities are zero/low, medium or high intensity? Write them in the columns.

zero/low intensity activities	medium intensity activities	high intensity activities

dancing

drawing or painting

gymnastics

martial arts

playing computer games

playing in the playground

playing tag or chase

playing the piano

reading a book

riding a bike

riding a bike fast or on hills

riding a scooter

rollerblading

running

skateboarding

skipping with a rope

sports like football and hockey

travelling by car

walking fast

walking slowly

walking the dog

walking up the stairs

watching videos

watching TV

2. Exercise quiz! Choose a, b or c for each question.

1. Do you walk or ride your bike to school or another place?
 - a. Yes, every day.
 - b. Some days.
 - c. No.
2. Do you play in the playground (doing something active) at school in break times?
 - a. Yes, every day.
 - b. Some days.
 - c. No.
3. Do you have sports lessons at school?
 - a. Yes, every day.
 - b. Some days.
 - c. No.
4. Do you ride your bike or scooter, or go skateboarding or rollerblading after school?
 - a. Yes, every day.
 - b. Some days.
 - c. No.
5. Do you do a sports activity, like football or gymnastics, after school?
 - a. Yes, every day.
 - b. Some days.
 - c. No.
6. Do you do another physical activity that makes you breathe harder?
 - a. Yes, every day.
 - b. Some days.
 - c. No.
7. How many hours do you spend looking at a screen every day (for fun, not for school or homework), like watching TV, playing computer games, watching videos or chatting to your friends online?
 - a. Less than one hour.
 - b. Between one and two hours.
 - c. More than two hours.

Results

Mostly As: Great! It looks like you do lots of physical activities every day. Well done!

Mostly Bs: Keep going! It looks like you do some different activities every day. Does it add up to 60 minutes? If yes, great! If not, what other activities would you like to try?

Mostly Cs: OK, let's see. It looks like you don't do many different physical activities every day. Do you do one or two activities for a longer time? If not, try to do more. What activities would you like to try?

3. How many minutes of exercise does Lia do every day?

My daily exercise chart!

Name: Lia

When	What	How long
before school	do an exercise video	5 minutes
going to school	walk to school	10 minutes
at lunch time	play a running game with my friends in the playground	15 minutes
after school (Tuesdays and Fridays)	go to swimming lessons	30 minutes
after school (Mondays, Wednesdays and Thursdays)	ride my bike in the park (if it's sunny) OR dance to my favourite songs at home (if it's rainy)	20 minutes
	do some skipping or hula-hooping	10 minutes
in the evening	walk the dog	15 minutes
Total:		

SUGGESTED ANSWERS FOR ACTIVITY 1:

zero/low intensity activities	medium intensity activities	high intensity activities
playing the piano	walking the dog	walking up the stairs
walking slowly	walking fast	running
playing computer games	playing in the playground	playing tag or chase
watching TV	riding a bike	riding a bike fast or on hills
watching videos	riding a scooter	skipping with a rope
reading a book	skateboarding	sports like football and hockey
drawing or painting	rollerblading	gymnastics
travelling by car	dancing	martial arts