Teaching English lessons

Are you active or not?

May 2021

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Are you active or not?

Match:

- **zero/low intensity activities**
  - your body has to do some work, but you can still speak easily (but you can’t sing!)

- **medium intensity activities**
  - your body has to work hard, you feel out of breath and it’s difficult to speak

- **high intensity activities**
  - your body is not active or not very active
Are you active or not?

Copy this table:

<table>
<thead>
<tr>
<th>zero/low intensity activities</th>
<th>medium intensity activities</th>
<th>high intensity activities</th>
</tr>
</thead>
<tbody>
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Are you active or not?

Write the activities in your table:

- 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
Are you active or not?

**Suggested answers:**

<table>
<thead>
<tr>
<th>zero/low intensity activities</th>
<th>medium intensity activities</th>
<th>high intensity activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>playing the piano</td>
<td>walking the dog</td>
<td>walking up the stairs</td>
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<td>walking slowly</td>
<td>walking fast</td>
<td>running</td>
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<td>watching videos</td>
<td>riding a scooter</td>
<td>hills</td>
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<tr>
<td>reading a book</td>
<td>skateboarding</td>
<td>skipping with a rope</td>
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<td>drawing or painting</td>
<td>rollerblading</td>
<td>sports like football and</td>
</tr>
<tr>
<td>travelling by car</td>
<td>dancing</td>
<td>hockey</td>
</tr>
</tbody>
</table>

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Are you active or not?

How much physical activity do you need to do every day?

Do you do enough? Let’s find out!

- Write the numbers 1 to 7.
- Read the questions.
- Write a, b or c next to each number.
Are you active or not?

1. Do you walk or ride your bike to school or another place?
   a. Yes, every day.
   b. Some days.
   c. No.

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2. Do you play in the playground (doing something active) at school in break times?
   
a. Yes, every day.

b. Some days.

c. No.
Are you active or not?

3. Do you have sports lessons at school?
   a. Yes, every day.
   b. Some days.
   c. No.
Are you active or not?

4. Do you ride your bike or scooter, or go skateboarding or rollerblading after school?

   a. Yes, every day.

   b. Some days.

   c. No.
Are you active or not?

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.
Are you active or not?

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

<table>
<thead>
<tr>
<th>When</th>
<th>What</th>
<th>How long</th>
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<tbody>
<tr>
<td>before school</td>
<td>do an exercise video</td>
<td>5 minutes</td>
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<tr>
<td>going to school</td>
<td>walk to school</td>
<td>10 minutes</td>
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<tr>
<td>at lunch time</td>
<td>play a running game with my friends in the playground</td>
<td>15 minutes</td>
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<tr>
<td>after school (Tuesdays and Fridays)</td>
<td>go to swimming lessons</td>
<td>30 minutes</td>
</tr>
<tr>
<td>after school (Mondays, Wednesdays and Thursdays)</td>
<td>ride my bike in the park (if it’s sunny) OR dance to my favourite songs at home (if it’s rainy)</td>
<td>20 minutes</td>
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<tr>
<td></td>
<td>do some skipping or hula-hooping</td>
<td>10 minutes</td>
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<tr>
<td>in the evening</td>
<td>walk the dog</td>
<td>15 minutes</td>
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Total:
Are you active or not?

My daily exercise chart!

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Total: ____________

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Thanks for coming!