



Are you a Hare or a Tortoise?

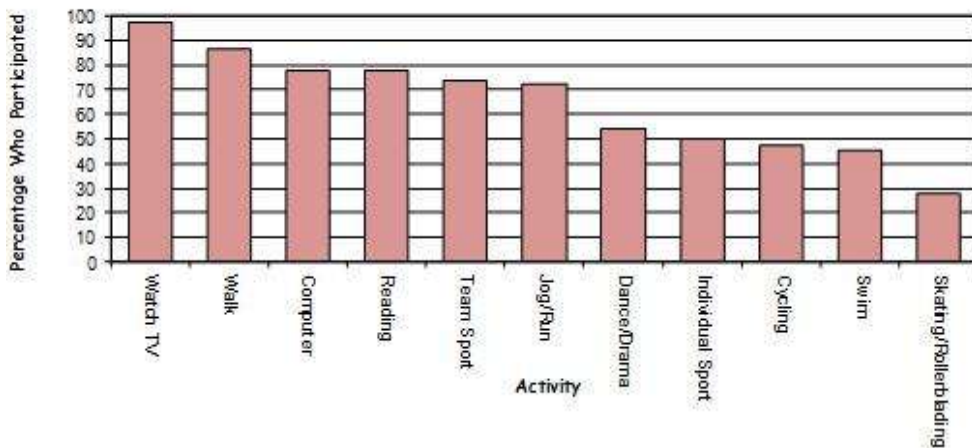


Would you be described as active, lively and energetic, or would lethargic, languid and sluggish be a better description?

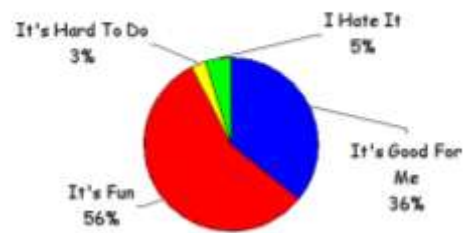
Starter Activity:

Look at the following data from over 6000 children, given during Phase 3, and answer the following questions:

Activities Done By Children



Attitudes to Sport



1. Approximately what percentage of children regularly swim?
2. Do all children watch TV?
3. Which is the modal activity?
4. If your class was asked about which activities they regularly took part in, would the results be similar to the ones shown above?
5. Do active people also read and watch TV?
6. What is your classes' attitude to sport?

Main Activity:



Below is a table showing the total average calories needed each day.

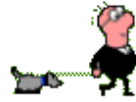
	Age	Weight kg	Calories
Boys	9-12	27-40	2300-2500
	12-15	41-50	2600-2800
	15-18	51-70	2900-3200
Girls	9-12	28-37	2250-2300
	12-15	38-49	2400-2550
	15-18	50-57	2200-2300

Remember, the more active you are the more calories you use.

Are you a Hare or a Tortoise?



Sleeping
60 Cal/Hour



Walking Dog
230 Cal/Hour



Driving
130 Cal/Hour



Walking to Work
220 Cal/Hour



Using the Lift
30 Cal



Climbing the Stairs
70 Cal



Watching TV
60 Cal/Hour



Swimming
400 Cal/Hour



Reading
80 Cal/Hour



Gardening
215 Cal/hour



Eating
80 Cal/Hour



Football/Sport
380 Cal/Hour



Classroom Lessons
110 Cal/Hour



Practical Lessons
220 Cal/Hour

We have designed a calorie diary (overleaf) for a day in the life of Fred!

Using the information to the left fill in the calories he is using up.

Can you spot what usual activities have been left out of this diary?

A Day in the life of Fred!

Midnight - 7am.

7am - 8am

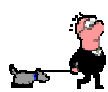
8am - 9am

9am - 4pm

4pm - 5.30pm

5.30pm - 9pm

9pm - Midnight



Calories Used:

Calories Used:

Calories Used:

Calories Used:

Calories Used:

Calories Used:

Calories Used:

Now design your own calorie diary for a typical day. You can choose either a school day or a Saturday - state which.

Plenary Activity:

Can you see areas in your life where you could be more active? For example do you take the lift when you could use the stairs?