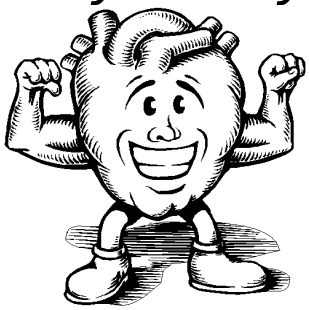
Whitstone School
inspiring futures

Physical Education
Home Learning Booklet
Year 8

Healthy Lifestyles



Name _____

Tutor Group _____

Teacher _____

Given out: Monday 9 March **Hand in: Monday 16 March**

Staff Comment

Student Target

Introduction

Please read this booklet through with your parent/ carer and discuss each task as you complete it. Some tasks should be completed over the week and will need to be filled in every day.

Learning Objectives

By the end of this week you will have….

a) *Developed an understanding of what factors influence health.*

b) *Identified how a healthy lifestyle can help your fitness.*

c) *Evaluate how healthy your own lifestyle is.*

Homework Mark Scheme

All work will be marked on the following scale.

Grade	Description	Achieved
Outstanding		
Good		
Satisfactory		
More needed		

Student's Comment

Signed: **Date:**

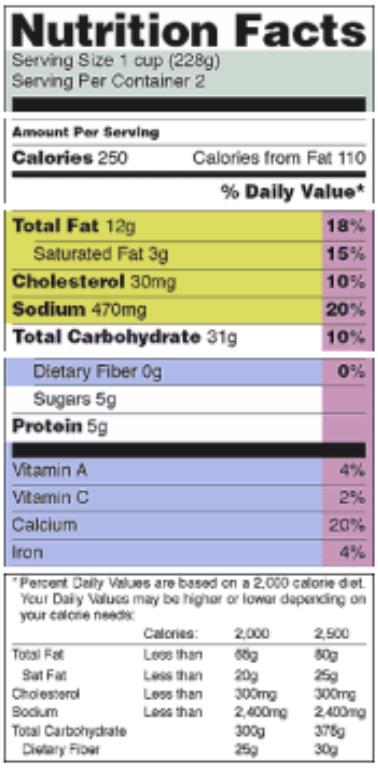
Parent's Comment

Signed: **Date:**

Task 1	Health Lifestyle Diet
Learning time	20minutes
Type of activity	Recording and Collecting
Aim:	Collect four different food nutrition information labels and stick them in the booklet in order of highest fat and sugar content. **You only have to cut out the label** and then write next to the label what the food or snack was.

Example:

Sample label for Macaroni & Cheese



Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

% Daily Value*

Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Label 1 *(Highest fat/sugar content)*

Label 2

Label 3

Label 4 (Lowest fat/sugar content)

Task 2	**Physical Activity Poster**
Learning time	30- 60 minutes
Type of activity	Creative
Aim:	Create a colourful poster highlighting at least 8 reasons physical activity/exercise is beneficial to a healthy lifestyle. Explain each benefit.
Helpful hints	Don't just think of physical health benefits. Remember the social and mental benefits of exercise (eg friendship, being part of a team, concentration, motivation etc).

You can use the space below to plan your poster and/or use the internet as a resource.
Use the following blank page for your finished poster.

Task 3	How Healthy am I?
Learning time	20minutes
Type of activity	Question and Answering
Aim:	Complete a self-questionnaire to evaluate your own levels of fitness.

Please answer as honestly as possible.
Only you and your teacher will see the answers.

1. How many hours a week do you exercise for?
(including walking to school, PE lessons and cycling)

2. On average how many hours do you spend each day on the computer, console or in front of the TV?

3. How many pieces of fruit or vegetables do you eat on an average day?

4. How much water do you drink a day?
(Including water based drink i.e. juice & squash.)
Answer in number of cups.

5. Do you play for a sports team or belong to an organisation?
eg Shepton football Club or the Scouts etc ... If so which one?

6. How fit do you think you are and why?

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7. Set yourself 3 targets that would improve your health eg exercise more, cut out fizzy drinks.

1) ……..

2) ……..

3) ……..