

AAAS - Grade 4 Physical Education Project Worksheet

Full Name: _____

Due Date: June 3, 2021

HEALTHY LIVING

CHOOSE



(FOR HEALTHY HABITS)

OR



(FOR UNHEALTHY HABITS)



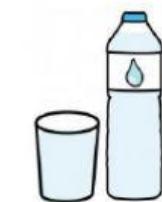
EAT A BALANCED DIET



BE ACTIVE
(1 HOUR OF EXERCISE AT
LEAST)



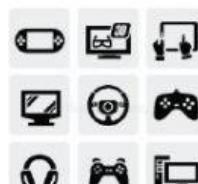
TAKE A GOOD BREAKFAST



DRINK MORE WATER
(AT LEAST 2 LITERS)



SLEEP WELL (8 HOURS)



WATCH TV OR PLAY
VIDEOGAMES (MORE THAN
1 HOUR PER DAY)