

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)**