

WORKSHEET: PHYSICAL ACTIVITY & WELL-BEING

Student Name: _____

Date: _____

Activity 1: Predict the Benefits

Instructions: Before watching the video, read the sentences and predict if they are True or False.

1. Physical activity helps reduce stress and anxiety. [True / False]
2. Exercise produces chemicals in the brain called endorphins. [True / False]
3. You need to exercise 5 hours every single day to see results. [True / False]
4. Combining exercise with a balanced diet helps maintain a healthy weight. [True / False]

Activity 2: Tick the Benefits

Instructions: Watch the video clip. Tick [✓] ONLY the 4 benefits that are mentioned.

- ☐ Lower blood pressure and lower resting heart rate
- ☐ Brain produces endorphins (makes you feel positive)
- ☐ Reduces stress hormones and anxiety
- ☐ It makes you sleep 12 hours a day
- ☐ Helps reach and maintain a healthy weight (with a balanced diet)
- ☐ You become a professional athlete instantly

Activity 3: Catch the Details

Instructions: Watch the video one more time and circle the correct option for each question.

1. Endorphins reduce feelings of _____ and make you feel more positive.
a) pain b) anger c) hunger
2. Getting active cuts down on _____ hormones, reducing anxiety.
a) happiness b) stress c) energy
3. To maintain a healthy weight, combine physical activity with a _____.
a) fast food diet b) balanced diet c) sugar diet
4. The recommended target is _____ minutes of moderate activity per week.
a) 50 minutes b) 100 minutes c) 150 minutes
5. According to the video, every _____ minutes of activity counts!
a) 10 b) 30 c) 60