MODULE 8 CLIL 4

Physical Activity



A. How much physical activity do you think a young person needs to stay healthy? Listen, read and check your answers. 🎧

Physical activity is any activity where you move your body and burn energy. There are many benefits of being physically active. Firstly, exercise stops you from becoming overweight, and this is important because keeping a healthy weight lowers your risk of developing certain illnesses in the future.

What is more, when you work out, play a sport or even just go for a walk, the muscles and bones in your body become stronger. Because your heart is a muscle too, physical activity can keep it strong and healthy. You definitely want it to be strong enough to send blood and oxygen around your body!

We should all take part in physical activity regularly. According to the World Health Organisation, young people aged between 5 and 17 should do about 60 minutes of moderate to high-intensity physical activity daily to keep their heart healthy and to stay fit. This does not have to be done all at once but can be done throughout the day.

LIVEWORKSHEETS



LOW INTENSITY
walking



MODERATE INTENSITY
hiking



HIGH INTENSITY
running

C. Read again and answer the questions.

1. What could an unhealthy weight lead to?

2. How does physical activity benefit our muscles and bones?

3. What does our heart do?

4. What should young people do to be healthy?

LIVEWORKSHEETS



Quizlet

Word Search

L X B A R B E L L X Y K G U Y S Y S
Z Y A P X Z Q L W U V S Y N R D S P
O V E R W E I G H T D L M J U E N L
X A C U U M N Z C N X I H Q N X L G
Y U Z K D D K A P W C Y K L S E Z J
G Y V A K J M T Z A T S L W B R J U
E N E R G Y P Z D L B I X B D C X G
N R U M W S J H G Y D H M L O I Z O
T R V M X S F L Y I R U B Y V S H R
Z K T U U K J D J U D K G U S E O G
B U C S S F Q M E O N E S V R X L
L T K C L N U W Z V K W B R Y B V U
O C A L I D B R H H Z E O R R I E B
O B D E Y E K M H G F F S Y C K V C
D S B S K I P P I N G R O P E T Y







energy



gym



overweight



illness



muscles



blood



oxygen



exercise bike



treadmill



skipping rope



dumbbell



barbell

LIVEWORKSHEETS

Select and write down 2-3 fitness goals for yourself (e.g. I want to build up my muscles). For the next seven days keep an activity diary to see how much physical activity you are already doing in a week and what you need to change to achieve your goals. Then come up with a plan to help you reach your fitness goals. Present it to your friends and ask for their suggestions.



GOALS!

My Fitness Goals:

1. Exercise 4–5 times a week
2. Improve my flexibility and strength
3. Eat healthier foods
4. Drink more water daily
5. Sleep at least 8 hours every night

LIVEWORKSHEETS