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

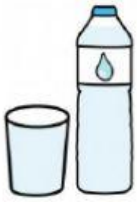
✓ ✗

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)

LIVEWORKSHEETS