C.E.Pr. "San Roque" Physical Education 2nd Cycle

Name:_____ Group: _____

HEALTHY HABITS

1º) Match the picture with the correct healthy habit:

- WEAR YOUR SCHOOLBAG ON BOTH SHOULDERS

- WASH YOUR HANDS BEFORE EATING

- HAVE A SHOWER

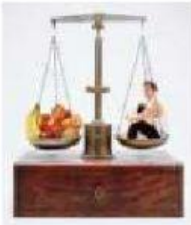
- DO NOT CARRY A HEAVY SCHOOLBAG

- SIT CORRECTLY / SIT PROPERLY

- BRUSH YOUR TEETH

LIVEWORKSHEETS

- DO PHYSICAL EXERCISE EVERYDAY
  (Play Individual sports)



- GO TO THE DOCTOR WHEN YOU FEEL BAD

- HAVE BREAKFAST EVERYDAY

- EAT A BALANCED DIET
  (Eat fruit and vegetables everyday)

- SLEEP WELL

- DO PHYSICAL EXERCISE EVERYDAY
  (Play Team sports)

LIVEWORKSHEETS