

My Body Matters Booster Session 3 - Assessment Task



Learning Intention:

Today we are: learning about physical activity for health and fun.

So we can: move our body to keep fit and active with friends.

I will know I have been successful: when I can describe my favourite physical activity or sport to participate in.

Getting Active With Friends

Spending time with friends playing games and doing physical activity are great ways to keep fit and be active.

What is your favourite physical activity or sport?

Do you do it by yourself, or play with friends?

Assessment Task:

Make sure you:

Write a sentence describing your favourite game or sport to play with friends, and why you like it.

Draw a picture of your favourite sport or game to play with friends.



Getting Active With Friends.
