

The Inside Story Booster Session 2 - Assessment Task



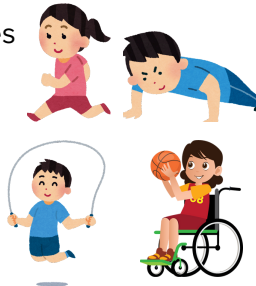
Learning Intention:

Today we are: identifying ways we can move our body.

So we can: help promote the benefits of an active lifestyle.

I will know I have been successful: when I can design a short physical activity/exercise circuit.

Moving your body is super important—it keeps your muscles strong, your heart happy, and your energy high! Today's circuit is all about fun, movement, and feeling great. Get creative, add in movements or exercises that you enjoy doing.



Assessment Task:

Create a physical activity / exercise circuit with 3 different stations.

You must include text about:

- what the physical activity / exercise is
- how it is helpful for the body
- a pictures of how to do the activity.

You may like to join with a small group of friends and complete each others circuits

A Physical Activity / Exercise Circuit

Exercise 1

Exercise 2

Exercise 3
