

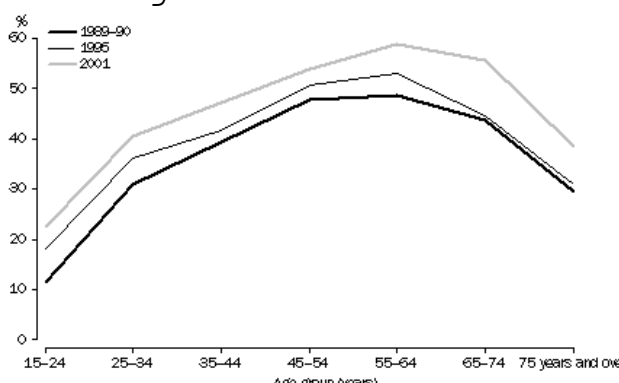


Indicative A response

Healthy as ...

Year 5	English Health & Physical Education (HPE)
--------	--

Section 1. Information retrieval chart

Regular exercise	Passive or low level exercise																																
<p>Examples of healthy activities or habits include:</p> <ul style="list-style-type: none">participating in regular sport activities such as hiking, fishing, surfing and playing in the playgroundwalking the dog or with my familyriding bikes or rollerblading to the shops or a friend's place.	<p>Examples of passive or low level activities or habits include:</p> <ul style="list-style-type: none">playing too many computer gameswatching more than one hour of TV a daychoosing to stay inside all the timetravelling by car everywherelaying down and reading books all the time.																																
<p>By exercising regularly it helps me:</p> <ul style="list-style-type: none">keep fit and able to help my team in netball and soccerkeep trim so I can still fit into my clothessleep well at night as I am tired after trainingbecome hungry and I eat all my mealsrelax more and I can control my school stresses a bit better.	<p>By not exercising regularly you can:</p> <ul style="list-style-type: none">become unhealthy and maybe put on extra weightbecome lazy and not take the time or effort to walk or do things with friends or familynot play your best at netball and soccer as you get tired too quicklystart eating too many snacksbecome bored.																																
<p>Define "exercise": Exercise is any physical activity that helps our fitness and health. Regular exercise helps keep us healthy by preventing diseases such as heart attacks and becoming overweight. Examples of exercise include walking, running, skipping, swimming, surfing, riding and playing sports.</p>																																	
<p>Add pictures or drawings you have found showing other information.</p> <p>People who are overweight or obese in Australia <www.abs.gov.au></p>  <table><caption>Estimated data from the line graph: Percentage of overweight or obese people in Australia</caption><thead><tr><th>Age group (years)</th><th>1989-90 (%)</th><th>1996 (%)</th><th>2001 (%)</th></tr></thead><tbody><tr><td>15-24</td><td>12</td><td>18</td><td>22</td></tr><tr><td>25-34</td><td>30</td><td>35</td><td>40</td></tr><tr><td>35-44</td><td>38</td><td>42</td><td>48</td></tr><tr><td>45-54</td><td>48</td><td>50</td><td>55</td></tr><tr><td>55-64</td><td>48</td><td>52</td><td>58</td></tr><tr><td>65-74</td><td>45</td><td>48</td><td>55</td></tr><tr><td>75 years and over</td><td>30</td><td>32</td><td>38</td></tr></tbody></table>	Age group (years)	1989-90 (%)	1996 (%)	2001 (%)	15-24	12	18	22	25-34	30	35	40	35-44	38	42	48	45-54	48	50	55	55-64	48	52	58	65-74	45	48	55	75 years and over	30	32	38	<p>Information sources:</p> <p><u>Websites</u></p> <p>Queensland Health, Eat well, be active, accessed 14 March 2008, <www.health.qld.gov.au/eatwellbeactive>.</p> <p>Cyclists' Action Movement WEST (CAMWEST), Child obesity feature, accessed 14 March 2008 <http://camwest.pps.com.au/news/child_obesity.html>.</p> <p><u>Books</u></p> <p>Healthy living: exercise, nutrition and other healthy habits, Caroline M Leuchuck, Michele Ingber Drohan 2000.</p> <p>Healthy me: fun ways to develop good health and safety habits, Michelle O'Brien-Palmer 1999.</p>
Age group (years)	1989-90 (%)	1996 (%)	2001 (%)																														
15-24	12	18	22																														
25-34	30	35	40																														
35-44	38	42	48																														
45-54	48	50	55																														
55-64	48	52	58																														
65-74	45	48	55																														
75 years and over	30	32	38																														

Fill in the PMI chart to show what different exercise choices could look like.

Regular exercise		
Plus (+)	Minus (–)	Ideas (!)
<p>Keeps me fit and active.</p> <p>I can perform better at sports and also be a better team member.</p> <p>Eat healthy and eat lots of the right kinds of foods.</p> <p>Feel good.</p> <p>I excel in sports because of my skill and fitness.</p>	<p>Get tired as I might do too much.</p> <p>Too busy to do things with friends.</p>	<p>Have a balance in my exercise or sports program so I have time to do stuff with my friends.</p> <p>Get a few of my friends together so we can do indoor rock climbing together.</p>

Little exercise		
Plus (+)	Minus (–)	Ideas (!)
<p>No extra strain on my body, heart and muscles.</p> <p>More time to play computer games with my friends.</p> <p>Rest and read more.</p> <p>Watch more of my favourite TV shows.</p> <p>More opportunities to relax.</p>	<p>The more I rest, the more I might eat and the less I might exercise, which means putting on weight.</p> <p>Perhaps become too lazy.</p> <p>Becoming less social and not being active with my friends — such as swimming or practising netball.</p>	<p>Set a time every week or day to meet and play outside with friends.</p> <p>Join a club or team.</p> <p>Go for a walk every second night with my dog or family.</p>

Section 2. Information flyer

Juicy, delicious, sweet, quick, yummy, nutritious, healthy, convenient

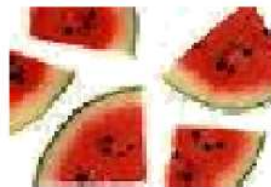


Fact: Eating fruit helps you stay healthy.

**Wish you could eat a
delicious healthy snack?**



Try an    or  today!!!



Super Strawb
says ...

Did you know that fruit ...

- stimulates our memories
- is the best source of natural sugar
- 100% "bad"-cholesterol free
- makes you feel better
- is the most natural food
- has natural fibre
- can lower blood pressure
- has healing effects



appleorangebananagrapemandarinenashipersimoncherrykiwimelonpassionfruitstardragononlycheepearpeachpawpaw