

Good for kids
good for life



'Power Down'

**Student Booklet
Stage One**



Name:

Class:

So what is 'POWER DOWN'?

Congratulations for participating in **'POWER DOWN'**!

During 'POWER DOWN' you will be trying to spend less time in front of the television, the computer and other small screens for recreation and more time being active.

You will learn about:

- Ways to be more active and
- How to have a balanced lifestyle. This means having a healthy balance between the amount of time you spend using small screens such as the television and computer for recreation and the amount of time you spend being active.

Plus there will be fun activities and a 'Power Down Challenge Day' for you, your family and school.

The 'Power Down Challenge Day' is a day you, your family, your classmates and your teachers will try not to use any small screens for recreational use for the entire day. On this day your challenge will be to try and spend your free time being more physically active. You will still be able to use small screens for education and work.

TIPS for 'POWER DOWN'

Try and be active for one hour or more a day! It's easy!

You can:

- Walk the dog
- Go to the park and play
- Go for a bike ride
- Kick or throw the ball around
- Do some housework or gardening
- Play hide and seek or chasers
- Play your favourite music and dance

Some recreational pastimes are less active than others:

- Television
- Computer games / consoles
- Internet
- Texting

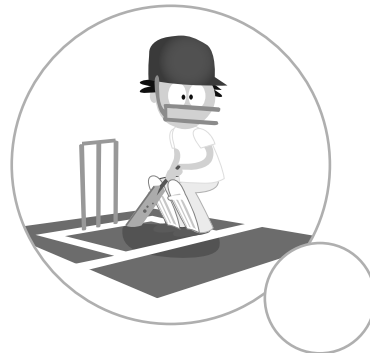
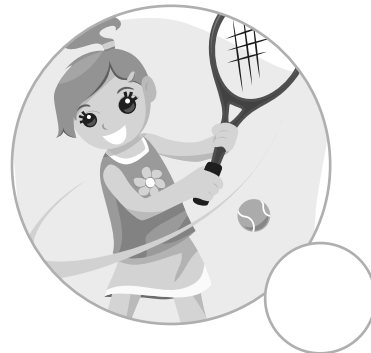
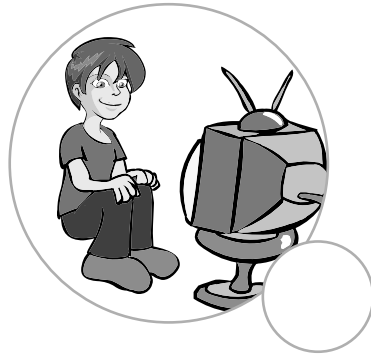
It is OK to do these things but it is important to lead a balanced lifestyle. That means we can do some of these things for some of the time but it is recommended that we try to limit these pastimes to less than two hours a day. You also need to try and be active for one hour or more a day.



LESSON 1
WORKSHEET 1

What is Recreation?

Identify these recreational pastimes as either active or inactive by putting an A or I in the circle next to each picture.



LET'S GET ACTIVE!



It is important to have a healthy balance of both active and inactive recreational pastimes.

Think about the activities you have recorded in your 'Recreation Monitoring Diary'.

What were some of the recreational pastimes you participated in that were inactive? Write about why you like these pastimes and illustrate.



Two large empty circles for illustration, one on the left and one on the right. Between them are five horizontal lines for writing.

What were some of the recreational pastimes you participated in that were active? Write about why you like these pastimes and illustrate.

Two large empty circles for illustration, one on the left and one on the right. Between them are five horizontal lines for writing.

Yay for being active!

Survey all the people in your class to find what their favourite active recreational pastimes are. You choose what sports/activities to suggest along the bottom row. Colour in one square for each person.

Number of students	13								
	12								
	11								
	10								
	9								
	8								
	7								
	6								
	5								
	4								
	3								
	2								
	1								
	E.g. walking the dog								

Put the name of the sport/activity in the box at the bottom of each column.

Write three things that you found out.

Why do you think being active is important?



The Good Old Days

Did you ever wonder how people survived long ago, without all the things we take for granted? They had no computers, no television, no telephones, no motorcars, no washing machines and not even electricity!



Write down some questions you would like to find out about life in the past.



Today we learnt how to play _____

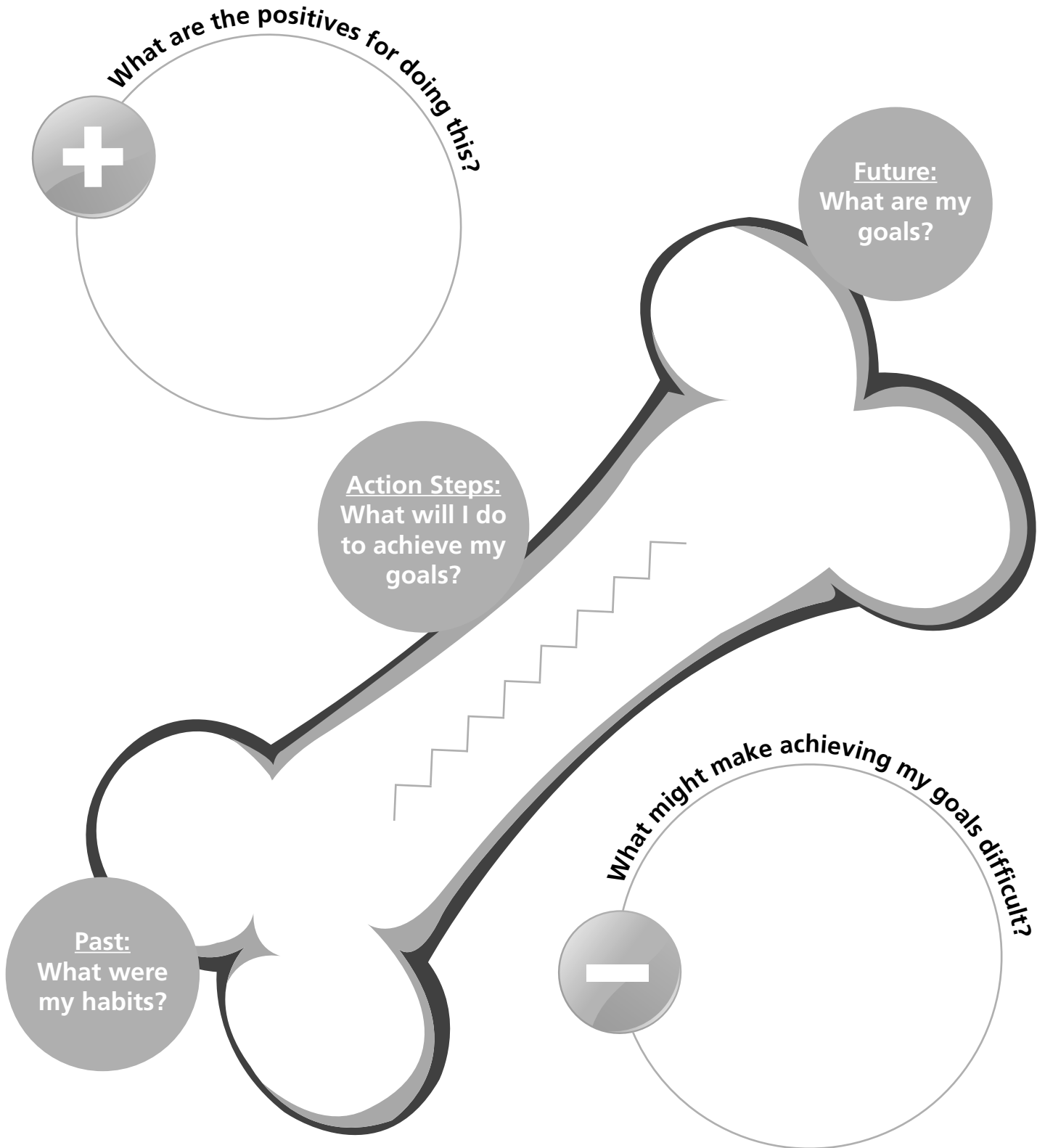
This game made me feel _____ because _____

Draw a picture of yourself playing this game.

A large, empty rounded rectangle with a thin border, intended for a student to draw a picture of themselves playing a game.

Setting MY Goals

My Goals for the 'Power Down Challenge Day'.



Adapted from the bone diagram by George Noyes from the Defence Systems Management College Fort Belvoir Virginia.

LESSON 7
WORKSHEET 6

'Power Down Challenge Day'

On _____ (insert the day and date of the 'Power Down Challenge Day'), our class _____ participated in the 'Power Down Challenge Day'.

My personal challenge was to:

Write a short recount of your 'Power Down Challenge Day'.

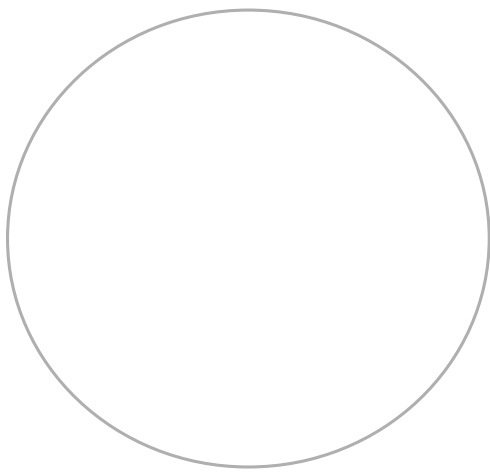


How Being Active Makes Me Feel

Write about how you feel when you are active.

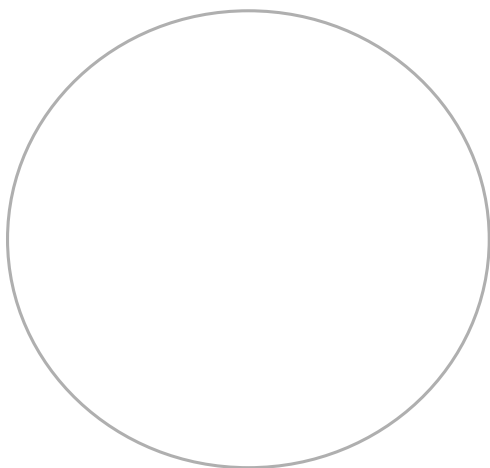


What happened to your body when you were being active?



Draw and Write!

An active person _____



An inactive person _____



LESSON 2

WORKSHEET 8a

Homework Sheet

Paste your first 'Recreation Monitoring Diary' here.



LESSON 9
WORKSHEET 8b

Homework Sheet



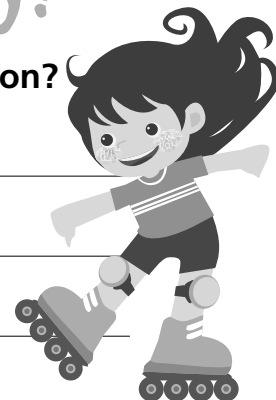
Paste your second 'Recreation Monitoring Diary' here.

LESSON 10

WORKSHEET 9

Get Active, Get Out and Play!

Why do you think it is important to learn about small screen recreation?



How was your first 'Recreation Monitoring Diary' different to your second 'Recreation Monitoring Diary'?

What have you learnt from this booklet?



Draw your favourite active recreational pastime here:

A large, empty rounded rectangular box with a thin border, intended for a student to draw their favorite active recreational pastime.

Homework Activity

INTRODUCTION LESSON and LESSONS 7 & 9

'Recreation Monitoring Diary'

Write down all your 'active' and 'inactive' recreational pastimes for the week.

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 to 7.00							
	7.00 to 8.00							
	8.00 to 9.00							
	9.00 to 10.00							
	10.00 to 11.00							
	11.00 to 12.00							
PM	12.00 to 1.00							
	1.00 to 2.00							
	2.00 to 3.00							
	3.00 to 4.00							
	4.00 to 5.00							
	5.00 to 6.00							
	6.00 to 7.00							
	7.00 to 8.00							
	8.00 to 9.00							

