

# Good for kids

good for life



## 'Power Down'

Student Booklet  
Stage Two & Three



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!

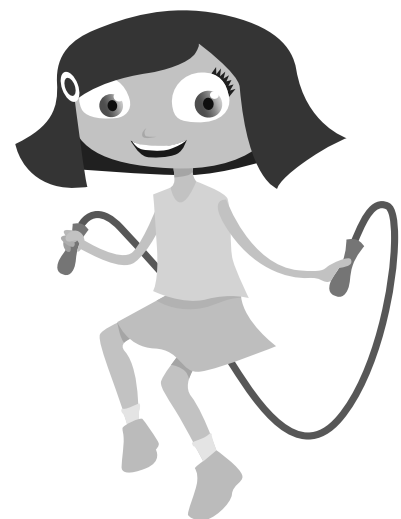
You can:

- 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.



# All About Me



Think about the pastimes that you participate in before and after school. In the table below list your favourite pastimes. Decide if they are active or inactive and place a tick in the appropriate box.

Now, have a think about how you could reduce the time you spend being 'inactive' and increase the time you spend being 'active'.

The first one is done for you.

Pastime	Active	Inactive	How could I be more active?
<i>Watching TV</i>		✓	<i>Choose only one television show to watch</i>

What pastime would be the most difficult for you to 'give up' and why?

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Which activity in the 'How could I be more active' box would you find the hardest to do? Why?

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Discuss this with a friend and find a solution to overcome this!

# The Benefits of Physical Activity

## Case Study

### Brad

Brad is a ten year old student. He lives at home with his parents and his much older sister. Brad's father is a chef and needs to work weekends but he has Tuesday and Wednesday off during the week. Brad's mother works during the week and tries to get the housework done on the weekend.

Brad's daily routine is:

#### Morning

Brad gets up each morning for school at 7:30am. He skips breakfast and watches half an hour of television before he goes to school. His next door neighbour drives him the two kilometre trip to school each day.

#### Lunchtime

Brad sits with his friends for lunch each day and usually has a can of soft drink, a packet of chips and a hot chicken roll.

#### After School

Brad gets a lift home everyday except for Tuesdays when he has football practice for ninety minutes.

#### Weekends

Brad plays a football match every Saturday which lasts 80 minutes. The rest of the weekend he usually spends at his friend's house playing computer games or watching DVD's.

Now that you know a little bit about Brad and his daily routine you can complete the questions over the page.



# The Benefits of Physical Activity

## Questions:

How much time should a person your age be physically active each day?

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How many days a week should you be physically active?

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How many days a week was Brad physically active for an hour or more?

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Does he get enough physical activity each week?

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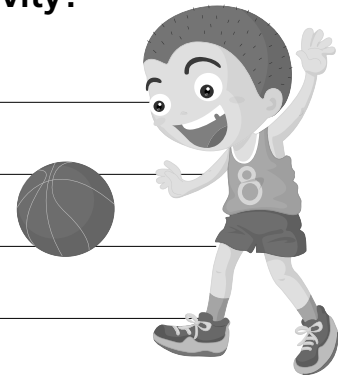
Can you suggest simple ways for Brad to get more physical activity?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



Physical activity can often make us feel better when we are upset, angry or stressed. Write about how being active can help you when you are feeling any of these things.

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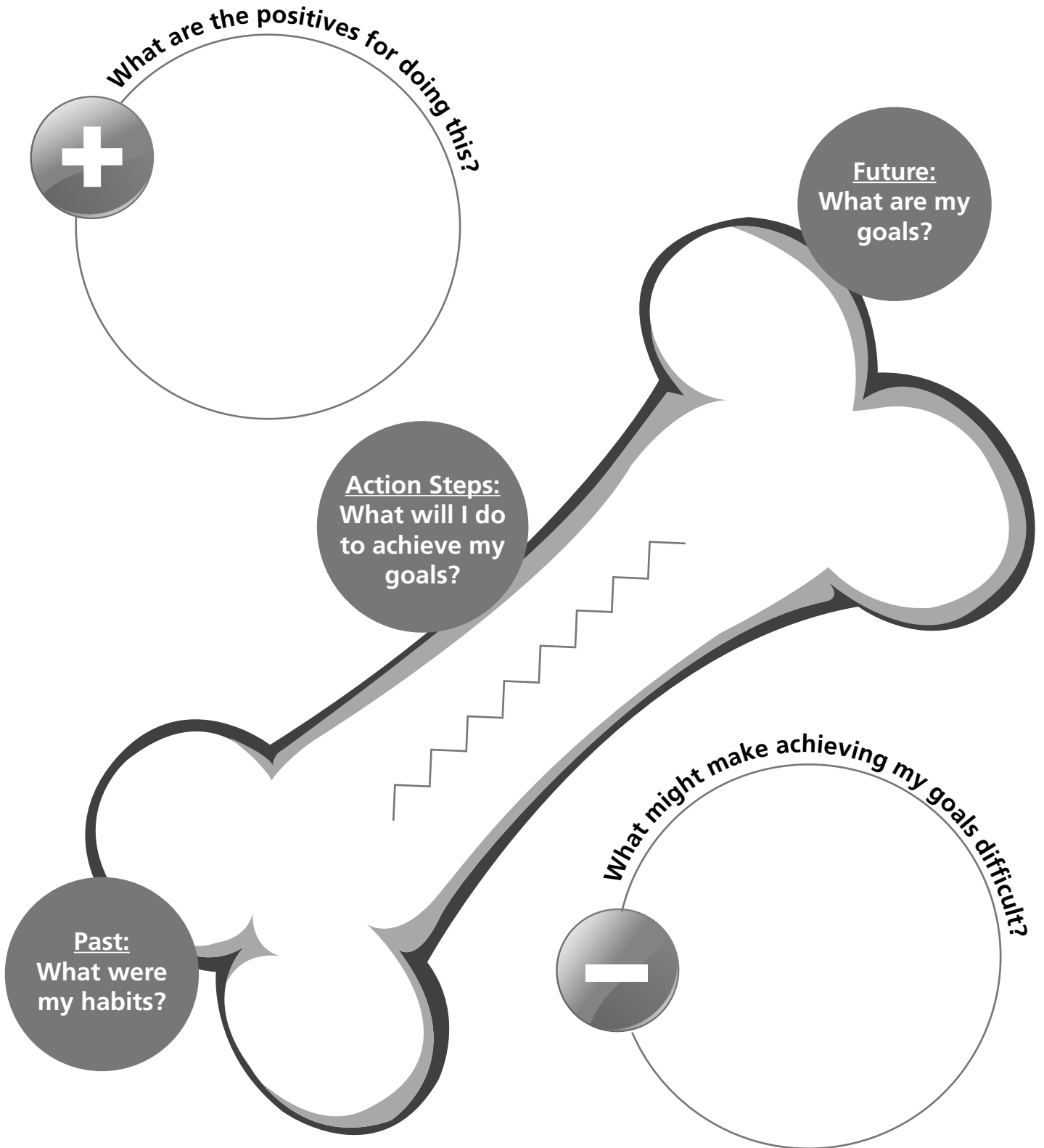
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# Setting MY Goals

## My Goals for the 'Power Down Challenge Day'.

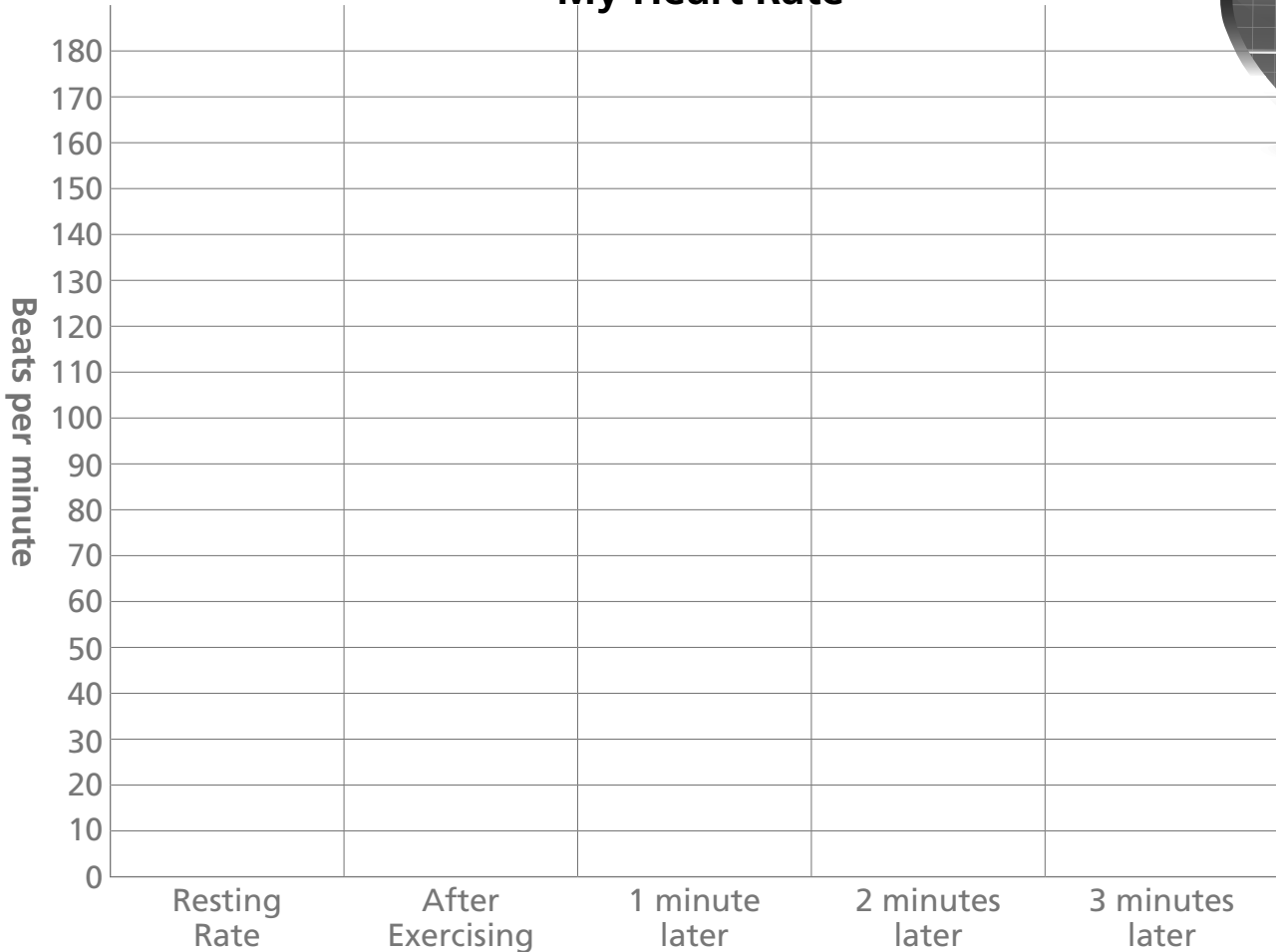


Adapted from the bone diagram by George Noyes from the Defence Systems Management College Fort Belvoir Virginia

LESSON 8  
WORKSHEET 5

# What Physical Activity Does To My Body.

## My Heart Rate



Write what you found out about your heart rate before and after exercising.

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List the effects that physical activity has on our bodies.

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# Physical Activity

Write a discussion on the following topic:  
**'Physical activity is important for everyone.'**

**Introduction – Identify the issue you are discussing.**

**Arguments for:**

**Arguments against:**

**Conclusion – State what you think.**





INTRODUCTION LESSON

# Homework Sheet

Paste your first 'Recreation Monitoring Diary' here.



## LESSON 9

# Homework Sheet



**Paste your second 'Recreation Monitoring Diary' here.**

LESSON 10  
WORKSHEET 7

# Get Active, Get out and Play!

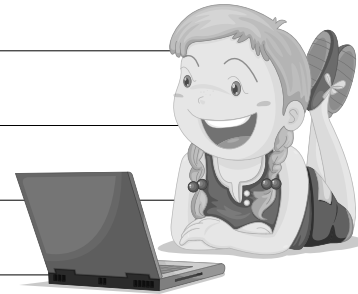
**Why do you think it is important to learn about small screen recreation?**

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**How was your first recreation monitoring task different to your second recreation monitoring task?**

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**Do you think your lifestyle has changed? Explain your answer.**

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**What was your favourite activity or lesson?**

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# Homework Activity

INTRODUCTION LESSON and LESSONS 7 &amp; 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							