

1. What physical activities do you enjoy doing?

2. On a separate piece of paper, create a daily physical activity plan to ensure you get enough exercise every day. Make sure the activities are achievable.



The great outdoors – 3

Contributing to healthy and active communities

Australia is a great sporting nation. Thousands of us take part in outdoor team sports every week and thousands more simply enjoy the freedom of active play in the great outdoors.

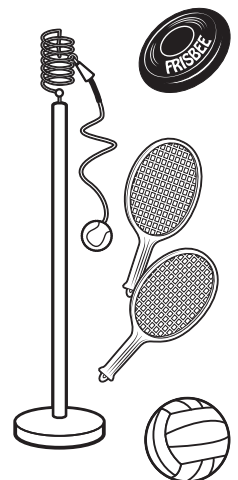
Conduct a class survey to discover the most popular outdoor team sports students in your class enjoy throughout the year. On a separate sheet of paper, present survey results in a bar chart.

Sports	Participants tally



List some equipment you could take to the park or beach and the activities you could enjoy with it.

Equipment	Activities



What activities could you enjoy in natural or built outdoor environments without having to use any equipment?





Get active in the community – 1

Contributing to healthy and active communities

According to Australia’s physical activity and sedentary behaviour guidelines, children aged 5–17 years should spend:

at least **1 hour** each day doing **moderate** to **high intensity** activities.

at least **3 days** each week doing activities that **strengthen muscle and bone**.

time doing **aerobic activities** each day as part of their physical activities.

