**Final Questions – Extra Space**

1. Compare your active and inactive daily totals, and then explain if you are an active person.
2. Describe what you could do to be more active.
3. List the benefits and importance of physical activity.



**10 DAYS OF FITNESS**

j0232140 j0232615 j0233047

j0232438 j0232879 j0232064 j0232106

Name: Teacher: .

Parent: Date: .

**Description of Activity**

The **10 Days of Fitness** booklet should be used daily during vacation to keep track of the number of hours / minutes you are active. Draw pictures of the activity you did each day in the correct spot, and put the number of hours / minutes underneath the picture. If you did more than one thing, then draw more than one picture on a page.

For example, if I played soccer for 1-hour and went skiing for 4- hours, I may draw a soccer ball and write “1 hour” under that picture, and a person skiing down a hill with “4 hours” under that picture. Also keep track of the number of hours / minutes you are inactive watching television, playing video games, or playing on the computer. Hopefully you find many ways to stay active during vacation.

Have fun getting fit!

Mr. McMahon & Mr. Winiecki

**Final Questions**

1. Compare your active and inactive daily totals, and then explain if you are an active person.
2. Describe what you could do to be more active.
3. List the benefits and importance of physical activity.



DAY 10 – January 2

Active Hours / Minutes

Mr. McMahon example

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

Active 2H Hours / Minutes

C:\Documents and Settings\kmcmahon\Local Settings\Temporary Internet Files\Content.IE5\6TFJTL5J\MC900014639[1].wmf

1 hour



1 hour

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** 1H Hours / Minutes

Student Practice

Active Hours / Minutes

DAY 9 – January 1

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

Active Hours / Minutes

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

DAY 2 – December 25

Active Hours / Minutes

DAY 7 – December 30

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

Active Hours / Minutes

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

DAY 8 – December 31

Active Hours / Minutes

DAY 1 – December 24

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

Active Hours / Minutes

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

DAY 4 – December 27

Active Hours / Minutes

DAY 5 – December 28

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

Active Hours / Minutes

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

DAY 6 – December 29

Active Hours / Minutes

DAY 3 – December 26

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes

Active Hours / Minutes

j0232047j0232139j0232151

On the Computer – playing video games – or watching TV

**Inactive** Hours / Minutes