

# HOME LEARNING

## PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

STAGE TWO    WEEK: FOUR

### NUTRITION

Healthy foods are fuel for the body. When we eat healthy foods, our body will have enough energy to work properly. When we eat unhealthy foods too often, we increase our chances of becoming unwell.

The food we eat can be split up into groups.

Watch 'Food Groups and My Plate' by clicking the link below and then answer the questions:

<https://www.youtube.com/watch?v=L7Q0UiQCb5E>

There are 5 food groups which we should eat from often, and a group for 'sometimes' foods. Name these groups and give two examples of foods that would be in each group.

1.

2.

3.

4.

5.

6. Sometimes foods

# WEEK FOUR ACTIVITIES

Try to do each of these activities for 30 seconds without stopping. Take a 15 second break, then repeat this twice more.

Don't forget to tick the box once you have completed the activity!

## WEEKLY FOCUS: UPPER BODY



### Activity One: Jog and Punch

**What:** For a warm up, jog on the spot and see if you can do some controlled punches out in front of you and then above your head. It's a bit of a brain workout!

**Modified:** Punch without jogging.



### Activity Two: Tricep Dips

**What:** Sit with your knees bent and place your hands flat on the floor behind your bottom, fingers pointing towards your heels. Lift your bottom off the ground with straight arms. Bend at your elbows, then push up. Repeat this, keeping your bottom off the ground.

**Modified:** Put your bottom back on the ground between each dip.



### Activity Three: Push Ups

**What:** Start in a plank position. With straight arms and legs, place your hands slightly wider than your shoulders and lower your body until your chest nearly touches the floor. Pause, then push yourself back up. Repeat.

**Modified:** Do the push ups on your knees, or take a break when you need to between push ups.



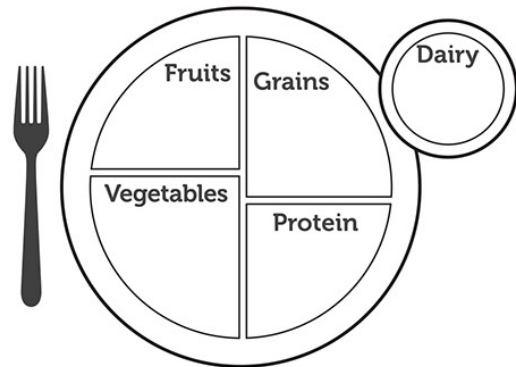
# CHALLENGE OF THE WEEK

Read back over the information you came up with on the first page all about the food groups. Choose two foods from the ones you have written down to research and fill out the food fact cards below based on what you find.

Name of food:

Food group (colour)

The main vitamins, minerals, nutrients it gives our body are:



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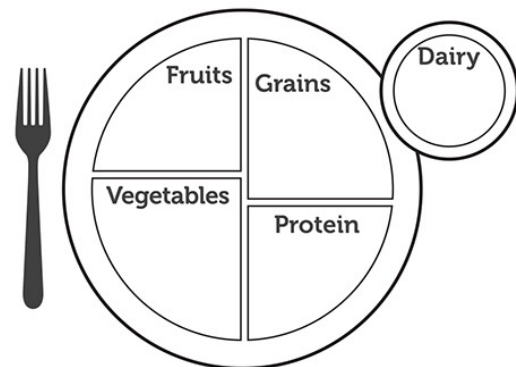
Overall health rating (colour)



Name of food:

Food group (colour)

The main vitamins, minerals, nutrients it gives our body are:



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Overall health rating (colour)



# KEEP MOVING!

Access the fourth week of our online dance  
program here:

<https://drive.google.com/file/d/1X-ZWksdZ0VhMQrmpWkuNS6pQSJIj8Ytt/view?usp=sharing>

Videos are available for every stage. The dance program is presented by YouTube sensation, JustDance ambassador and Fit Futures dance coach Jayden Rodrigues and videos last about 20 minutes.

Get everyone moving with our workout and skills-based videos on the Fit Futures YouTube channel:

<https://www.youtube.com/channel/UCIRnP6dZYlCdTdvTWRoYdfQ>