

## Fitness quiz

by Jackie Holderness & Annie Hughes

### Level 3 • Elementary

**Age:** Primary (6–11)

**Language aims:** To carry out a personal fitness quiz; to read about fitness

**Time:** 30–40 minutes

**Student grouping:** Individuals, whole class

**Materials:** One copy of the worksheet per student; pictures of *drinks, vegetables, fruit, sports, snacks, sleep*

**Language focus:** *When do you ... ? Do you ... ?; drinks, vegetables, fruit, sports, snacks, sleep*

### Step 7

Now show them how to work out their scores (see the score section on the worksheet). They have to add all the numbers up and then read the information on the right of the quiz that corresponds to their total.

### Follow-up activity

Make a 'keep fit' poster for the classroom.

## Procedure

### Step 1

Using the pictures, elicit *drinks/sugary drinks, vegetables, fruit, sports, snacks* and *sleep*.

### Step 2

Now tell the children they are going to do a fitness quiz. Tell them it is interesting and fun, too! Hand out the worksheet.

### Step 3

Introduce *never, sometimes* and *always* by writing all the days of the week on the board and showing the picture for sports. Explain that *never* would be no sports a week (put crosses in every day), *sometimes* means two or three times a week (put ticks in two or three days and crosses in the others) and *always* is every day (put ticks in every day).

### Step 4

Model what they have to do by answering question three about yourself on the board. Show the picture and ask yourself out loud 'When do you play sports?' and give your answer.

### Step 5

Read through the questions together as a class to see if the children understand them.

### Step 6

Tell them to answer the questions. Tell them that you can come and help them with a question if they get stuck.

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1. When do you eat vegetables and fruit?

- A. never       B. sometimes       C. always

2. When do you drink sugary drinks?

- A. never       B. sometimes       C. always

3. When do you play sports?

- A. never       B. sometimes       C. always

4. When do you watch TV?

- A. never       B. sometimes       C. always

5. When do you eat snacks?

- A. never       B. sometimes       C. always

6. Do you sleep for 8–10 hours at night?

- A. never       B. sometimes       C. always

7. When do you think about how fit you are?

- A. never       B. sometimes       C. always

### SCORES

Write your score.

- |    |    |    |    |       |
|----|----|----|----|-------|
| 1. | A2 | B4 | C6 | _____ |
| 2. | A6 | B4 | C2 | _____ |
| 3. | A2 | B4 | C6 | _____ |
| 4. | A6 | B4 | C2 | _____ |
| 5. | A6 | B4 | C2 | _____ |
| 6. | A2 | B4 | C6 | _____ |
| 7. | A2 | B4 | C6 | _____ |

What is your total score? \_\_\_\_\_

Now look at the answers on the right! →

**28-42**  
You keep fit! Well done!

**14-28**  
Do more exercise and eat more healthily!

**0-14**  
Oh dear! You need more fruit, vegetables and lots more exercise!