

Lesson 3 Exercise Year 6 | Journaling Scaffold

Name

1. What is the difference between an active and sedentary life?
Give some examples.



2. What are the benefits of an active life?



3. "I am going to be active every minute of every day!" Is this a sensible plan?
Explain your answer.

VOCABULARY:

- arteries
- mindset
- endorphins
- flexibility
- sedentary
- dementia
- cholesterol
- chemicals
- well-being
- active

HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt _____

How can you use today's learning in your life?

I can use today's lesson when _____

List two interesting ideas from today's lesson.

I found _____ interesting because _____

Draw something about today's lesson.

