

Lesson 3 Exercise Year 6 | Journaling Scaffold

Name

VOCABULARY:

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

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.



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.

