





Children need to be active for  
at least one hour every day





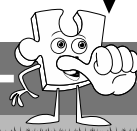
Puzzle 4 - Healthy Me (Pieces 1-3)

Ages 7-8

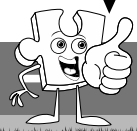
Name .....

TINT BOX - To improve next time I...						
Piece 1	I understand how exercise affects my body and know why my heart and lungs are such important organs.					
	I can set myself a fitness challenge.					
Piece 2	I know that the amount of calories, fat and sugar I put into my body will affect my health.					
	I know what it feels like to make a healthy choice					
Piece 3	I can tell you my knowledge and attitude towards drugs .					
	I can identify how I feel towards drugs.					

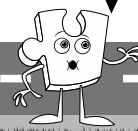
I don't get this at all



I'm getting there but need some help to understand



I get this and can give examples if you ask me



I missed this lesson

