

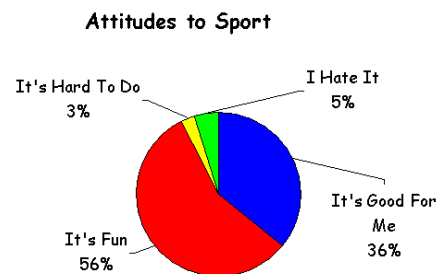
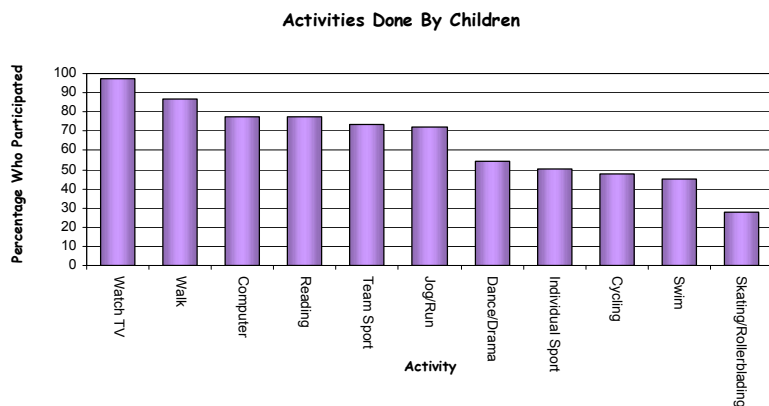
# Are you a Hare or a Tortoise?



Would you be described as active, lively and energetic, or would lethargic, languid and sluggish be a better description?

## Starter Activity:

Look at the following data from over 6000 children, given during Phase 3, and answer the following questions:



1. Approximately what percentage of children regularly swim?
2. Do all children watch TV?
3. Which is the modal activity?
4. If your class was asked about which activities they regularly took part in, would the results be similar to the ones shown above?
5. Do active people also read and watch TV?
6. What is your classes' attitude to sport?


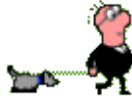














## Main Activity:

Below is a table showing the total average calories needed each day.








	Age	Weight kg	Calories
Boys	9-12	27-40	2300-2500
	12-15	41-50	2600-2800
	15-18	51-70	2900-3200
Girls	9-12	28-37	2250-2300
	12-15	38-49	2400-2550
	15-18	50-57	2200-2300

Remember, the more active you are the more calories you use.

	<p>Sleeping 60 Cal/Hour</p>		<p>Walking Dog 230 Cal/Hour</p>
	<p>Driving 130 Cal/Hour</p>		<p>Walking to Work 220 Cal/Hour</p>
	<p>Using the Lift 30 Cal</p>		<p>Climbing the Stairs 70 Cal</p>
	<p>Watching TV 60 Cal/Hour</p>		<p>Swimming 400 Cal/Hour</p>
	<p>Reading 80 Cal/Hour</p>		<p>Gardening 215 Cal/hour</p>
	<p>Eating 80 Cal/Hour</p>		<p>Football/Sport 380 Cal/Hour</p>
	<p>Classroom Lessons 110 Cal/Hour</p>		<p>Practical Lessons 220 Cal/Hour</p>

We have designed a calorie diary below for a day in the life of Fred!  
Using the information to the left fill in the calories he is using up. Can you spot what usual activities have been left out of this diary?

### A Day in the life of Fred!

Midnight - 7am.	7am - 8am	8am - 9am	9am - 4pm	4pm - 5.30pm	5.30pm - 9pm	9pm - Midnight
						
Calories Used:	Calories Used:	Calories Used:	Calories Used:	Calories Used:	Calories Used:	Calories Used:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Now design your own calorie diary for a typical day. You can choose either a school day or a Saturday - state which.

### Plenary Activity:

Can you see areas in your life where you could be more active? For example do you take the lift when you could use the stairs?