

# Circle of Hope Project

Healthy Body, Healthy Mind, Healthy World  
Socrates—Comenius

# Physical Fitness Module Outline

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DB Ingleton Middle School, England

For: Year 7/8

Duration: 1 hour

<b>1</b>	<p><b>Physical Fitness</b></p> <p>Physical Activity &amp; Health —Presentation 1.10</p> <p>Physical Activity &amp; Health Questions —Worksheet 1.20</p> <p>Physical Activity &amp; Health Answers —for above 1.30</p> <p>School Survey Results —Discussion 1.40</p> <p>Advice on Exercise in Daily Life —Information 1.50</p> <p>So, Now You're Convinced... —Paired Work 1.60</p>	<p>15 minutes with above</p> <p>15 minutes</p> <p>25 minutes</p>
	<p>Related to the above is a quiz about staff and their sporting claims to fame. This is filed as 0.00 Staff Quiz and I suggest it is given to each group on Monday morning break for collection by 9.00 a.m. Thursday</p>	