

Are you fit and well?

LEVEL



PASSPORT TO GOOD HEALTH

**"This is how
I can be fit
and well:**

I have a
balanced diet

I sleep 8 hours
a night

I don't drink, smoke or
take things which are bad
for my health

I shower and
wash every day

I have the
vaccinations
I need


1. Help Ben make the right choices.


- For lunch Ben usually has chicken and new potatoes, salad and a piece of strawberry sponge cake. This evening he has...
☐ pizza and chips. ☐ fish and vegetables.
- Before going to bed, he...
☐ plays a video game. ☐ has a shower.
- When Ben is at school and he has a bad headache, he...
☐ washes his face with cold water. ☐ sees the school nurse.
- At a party a boy gives Ben a coke. It has a strange taste. He...
☐ doesn't drink it. ☐ drinks some of it.
- Ben forgets his key. He...
☐ climbs in through a window. ☐ waits until his mother comes home.

Ben - 13 years old



 I do regular exercise

 I don't watch too much TV

 when I'm ill, I see my doctor and I do what he tells me

I am careful.
I like being fit and well".

unicef 

Convention on the Rights of the Child

adopted in 1989
by the United Nations

Article 24

*Children have the right
"to the enjoyment
of the highest attainable
standard of health."*



infoUK

10 million children

Every year 10 million children die in the world. They die because there isn't food, drinking water or vaccinations for them and also because they don't have any money to pay the doctors. In the UK the "NHS" (National Health Service) pays for the doctors and the hospitals. It's free to residents in the UK. People only pay for eye tests, the dentist and prescriptions. People on low income, over the age of 60, with certain illnesses and pregnant women don't pay.

Celebrating health

Every year, on 7th April, it is World Health Day. On this day, all over the world, people speak about health problems. In schools in the UK teachers explain that good health from an early age can help us have long lives. The British Red Cross also has "Reduce Infection Day." This is when they remind children that washing hands with soap and water can save lives.

and in Italy?

Do you know about World Health Day?
How do you celebrate this day in your town or village? What do teachers do in schools?



TEST

Physical activity



- 1** What do you know?
What are the benefits of physical activity?
Tick the boxes.

Physical activity...

- ☐ helps you make new friends.
- ☐ helps you keep a healthy weight.
- ☐ helps you move.
- ☐ helps you relax.
- ☐ makes you feel good.
- ☐ keeps your heart, bones and muscles strong.
- ☐ improves your body shape.
- ☐ helps young people grow and develop.

Did you tick all the boxes? YES!!! Physical activity gives you lots of advantages.

- 2** Think of all the physical activity you did yesterday and the day before yesterday. Complete the tables.

MY PHYSICAL ACTIVITIES

Yesterday		The day before yesterday	
Activity	How many minutes?	Activity	How many minutes?
Total time		Total time	

Is your total more than 60 minutes every day?
Great! You are healthy.

Is your total less than 60 minutes but more than 40 minutes every day? Good, but you can do more exercise. Try to increase your exercise to 60 minutes every day.

Is your total less than 40 minutes every day? Well, you can do better. You can increase your physical activity every day until you do 60 minutes. How can you do it? Introduce exercise and movement into your daily life.

How can you exercise every day?



At home

You can carry things, vacuum, clean the windows and tidy your bedroom. It's all exercise. Don't take lifts. You can walk up and down stairs. You can also take your dog out for a walk.



Moving about

Walk or go by bike. When you go by public transport, you can get off before your destination and walk the last part.



At the weekend

Help your parents with gardening or DIY. You can go for a walk or a bike ride, play football or go for a swim.



What sport can we do?

All sport is good. Choose a sport you like.

- **A team sport** – rugby, football, basketball, hockey, volleyball.
- **An individual sport** – athletics, cycling, artistic gymnastics, swimming, skating, windsurfing.
- **A combat sport** – karate, judo, fencing, kendo.
- **A relaxing sport** – yoga.

You can do sport for fun. You can go dancing, swimming, roller blading, skating, play tennis, table-tennis or go cycling with your friends.

We all use the computer in our free time. Make time for sport too!

From: www.letsmovedaily.co.uk

1. True or false. Correct the false sentences.

- | | T | F |
|---|--------------------------|--------------------------|
| 1 Housework is not a physical activity. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Sport helps you grow and develop. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Volleyball is a relaxing sport. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Fencing is a combat sport. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 People can only do competitive sport. | <input type="checkbox"/> | <input type="checkbox"/> |



Now it's your turn

A weekend of sport

Organise some physical activity for your family. You can go for a ride, a hike, or go skating in the afternoon.

Fill in this form.

Type of activity:

Date: Place: Time:

Who took part?

Was the experience: ☐ positive? ☐ negative?

Why?

High level sport is important for



Competitive sport – Is it good or bad for us?



I was a junior tennis champion in England for two years. I gave up this sport four months ago. I was depressed and I felt ill. The stress was too much and it was bad for me.

Mark



I was 6 when I started horse riding. I love this sport and I want to become a professional horse rider one day. This sport helps me develop physically and mentally and I feel good when I'm riding.

Megan



My brother is a cyclist. He makes lots of sacrifices. His life is very disciplined and he trains very hard. I don't want to criticise this sport. He is very competitive and he is part of a close team, but I think it's horrible when he loses to people who take drugs.



Guy



I don't agree with Guy. It isn't a life of sacrifice. It's a healthy lifestyle. There is nothing better than taking part in competitive sport. When I'm doing canoe kayaking I'm in a natural setting and it's great!
I agree with him about drugs. People take drugs in sport and I think it's wrong to cheat.

Melanie

1. What do they think about competitive sport? Put a tick in the boxes.

		Mark	Megan	Guy	Melanie
Positive 					
Negative 					

our health

An interview with Doctor Kiran Cameron, a sports doctor

ENJOY SPORT

Is competitive sport good for your health?

Yes, it is good for your health. It is important that the training is right for the age and ability of the athlete. Training too much can be bad for athletes.

Is the stress of competition bad for athletes?

No, athletes don't have lots of problems with stress. There is always stress in competitive sport and they can adapt. This makes them mentally stronger.

What do you want to say about sporty adolescents?

Sport is fun. Families, trainers or directors of sports clubs mustn't put a lot of pressure on young athletes. The extra pressure is not good for their health. The most important part of sport is the game.

What do you think about drugs and sport?

Drugs are bad for sport in general and for health.

Most athletes refuse drugs that can make them faster. Respect is important in sport. First there is respect for yourself – your body and your health. Secondly there is respect for others – for your rivals, the referees and the public. And finally there is respect for the rules.



infoUK

Sport and British teenagers

Teenagers do at least two hours of sport a week at school. The Mayor of London wants to change this to two hours per day. The most popular sports are: 1 football, 2 rugby, 3 hockey, 4 netball, 5 cricket.

The Youth Sport Trust

This is an independent charity. It helps all young people achieve their sporting best in school and life.

The Prime Minister has a £1 billion fund for youth sport.

and in Italy?

Are Italian teenagers as sporty as British teenagers? What sport do you do at school? What are teenagers' favourite sports in your country? To answer these questions look on the Internet or do a class survey.



2. Read the interview and answer the questions.

- 1 What does Doctor Cameron say about training?
- 2 Do athletes suffer from stress in competitive sport?
- 3 What does Doctor Cameron think is the most important part of sport?
- 4 Is Doctor Cameron against drugs in sport?
- 5 Doctor Cameron speaks about three forms of respect in sport. What are they?