**Title: Corona stay@home PE lesson**

**Type: Clil, fitness, theory, health**

**Lesson Goal: find out what the most important keys to Physical Health are and find out different ways to stay healthy at home.**



|  |  |  |
| --- | --- | --- |
| **Instruction** | **Differentiation options** | **Extra info** |
| 1. Watch the video: <https://youtu.be/gOS-jp1ffJk>
2. Answer the next questions:
3. What are the 4 important keys to Physical Health?
4. After exercises your muscles break down in tiny pieces, what is the response of your body to that?
5. Find 4 different ways how to be active at home to stay healthy and list them in the happy heart power chart.

Upload your Happy heart power chart in MS Teams and add the answers to your questions. Important: 1. In each section you name your activity (as a title)
2. Choose an activity which is good for you and meets your needs.
3. Draw/find a picture online of your activity
4. Share your happy heart in Teams.
 |  |  |
| **Field set-up:**@home |
| **Link to support/assessment document:** <https://youtu.be/gOS-jp1ffJk> |

**Assignment:** 

Name:
Class:

<https://youtu.be/gOS-jp1ffJk>

Question 1: What are the 4 important keys to Physical Health?

1.

2.

3.

4.

Question 2: After exercises your muscles break down into tiny pieces, what is the response of your body to that?

Explanation:

Now, find 4 different ways to be active at home to stay healthy and list them in this happy heart power chart:

|  |  |
| --- | --- |
| Afbeelding met tekening  Automatisch gegenereerde beschrijving | Afbeelding met tekening  Automatisch gegenereerde beschrijving |
|  |  |