



OSPREYS



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# HEALTH & WELLBEING



## PHYSICAL HEALTH

Children aged 5-18 years should do at least one hour of medium to hard type of physical activity each day. And at least three days a week, this should include activities that strengthen muscles and bones.

A Medium type of physical activity gets you gently huffing & puffing. Medium types of activities are about as hard as a quick walk.

A hard type of physical activity should get you huffing & puffing a lot, and sweating. This could be running games or riding a bike fast.

Activities that strengthen muscles and bones make muscles work more than normal and put extra force on bones – for example, jumping, running, climbing and lifting. Medium and hard physical activities often help to build muscles and bones.

Plan an exercise log for the week, below:

DAY	TIME	ACTIVITY 1	ACTIVITY 2
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

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## HEALTHY EATING

How you eat today can have a huge impact on your health. Eating food with important nutrients helps you grow, and is very important for your mental and physical development. By eating a healthy balanced diet, you are ensuring that you are getting all the important vitamins, minerals and other nutrients that you need for healthy growth and development.

In the pie chart below, how many foods can you name for each section.



CARBOHYDRATES & STARCHY FOODS



FRUIT & VEGETABLES



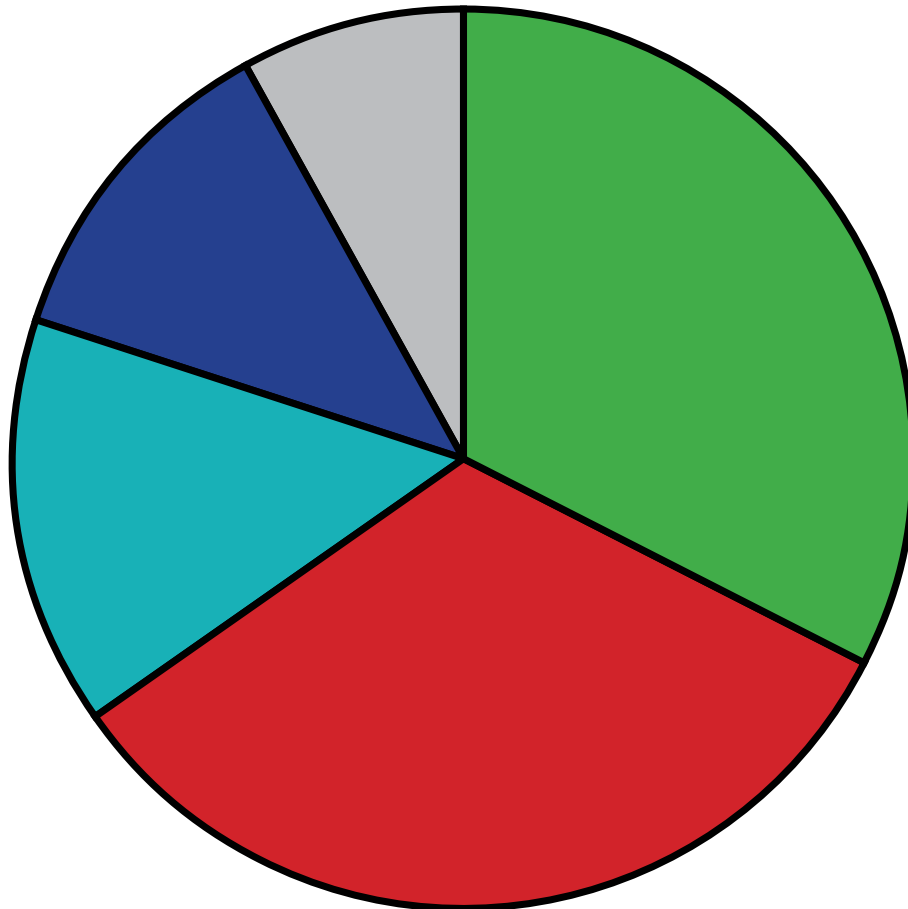
MILK & DAIRY FOODS



SOURCES OF PROTEIN



FOOD AND DRINK HIGH IN FAT AND/OR SUGAR



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## QUIZ

Can you answer the questions below using the following types of fruit?

PUMPKIN PEAS WATERMELON PEACH LEEK BANANA KIWI FRUIT

1. What am I? I grow on a tree. I'm really a berry but you wouldn't think so by how I look? I can be green or yellow?
2. I grow on a vine? I can have furry or smooth skin? My flesh can be green or gold?
3. I have furry skin? I smell delicious? I have a large stone inside?
4. I am from the same family as onions? I am green and white? I am long and straight?
5. I am only small. I am green? I grow in a pod?
6. My flesh can be yellow, orange, white or red? I am a fruit that grows on a vine and I am in the same family as pumpkins? I am delicious served cold on a hot day?
7. I can grow very very large? I am very popular at Halloween? I am usually orange?

CAN YOU DRAW A PICTURE  
OF SOME OF YOUR FAVOURITE  
FRUIT & VEGETABLES?

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## OSZIE'S CIRCUIT CHALLENGE

How quickly can you complete Ozzies exercise circuit?

**REMEMBER:  
NO CHEATING!**



**12 SQUATS**



**6 LUNGES ON EACH LEG**



**8 PRESS UPS**

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# HEALTH & WELLBEING



## OZZIE'S CIRCUIT CHALLENGE

How quickly can you complete Ozzies exercise circuit?



**10 TUCK JUMPS**



**6 MOUNTAIN CLIMBERS PER LEG**

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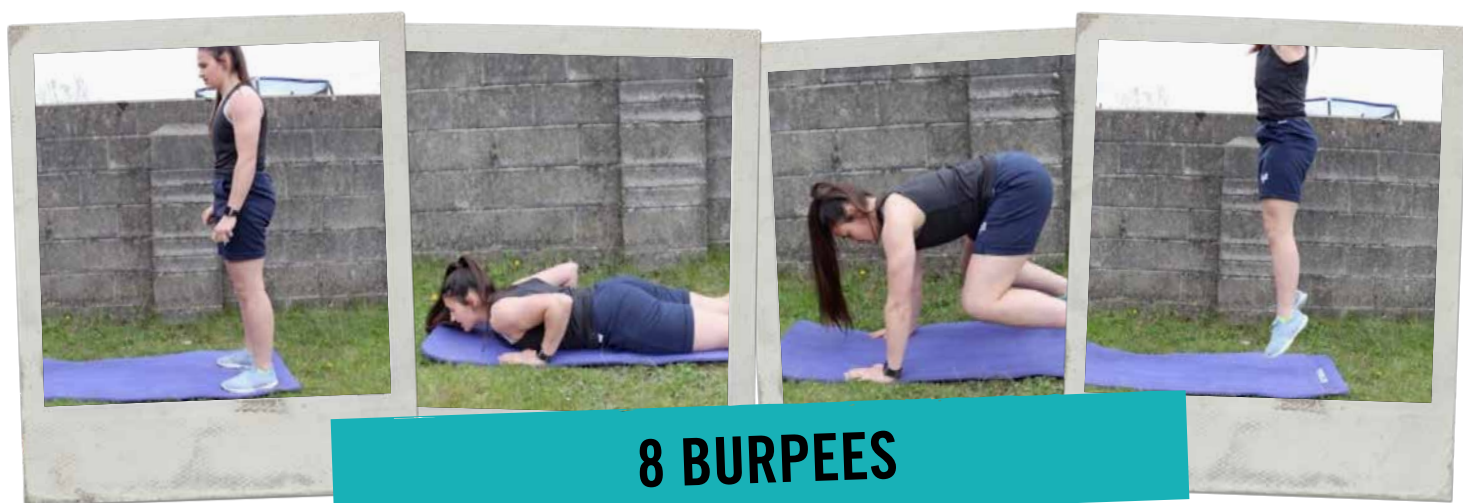


# HEALTH & WELLBEING



## OSZIE'S CIRCUIT CHALLENGE

How quickly can you complete Ozzies exercise circuit?



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## WHICH PLAYER ARE YOU?

How quickly can you complete Ozzies exercise circuit?



### NICKY SMITH - PROP

**Strengths** - Very strong upper body and extremely explosive over a short distance. Great mobility and flexible hamstrings make him a great shape to win scrums.

**TOTAL = 5 minutes**



### OWEN WATKIN - CENTRE

**Strengths** – Consistent across the board with speed and power coming easy to him. Good fitness allows him to perform his skills to a high standard for a very long time.

**Total = 4 minutes 20 seconds**



### JUSTIN TIPURIC - OPENSIDE FLANKER

**Strengths** - Able to last the whole game without breaking a sweat! Can remain playing at the highest level of intensity for the whole duration of a rugby game (and probably more). And to top it off his skill set is world class!

**Total - 3 minutes 30 seconds**

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## ART ATTACK!

Family is important. Can you draw a picture of your family and friends in the box below?

Write in the box below  
what they mean to you.

How do they look after you  
and how do you look after  
them?

### SHARE IT ON SOCIAL!

