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Ring 2: Healthy Mind + Body

Sport for Everybody

Class Question



Can you name an activity or sport that predominantly uses these types of exercise (e.g. running, swimming, gymnastics?)

TYPE	SPORT/EXERCISE
Aerobic	
Flexibility	
Coordination	
Speed	
Strength	
Gracefulness	
Combination of all of the above	



WATCH! [Anatomy Of to gather facts about the sports and athletes.](#)

Class Activity



Compare and contrast two athletes from two different Olympic sports on the basis of 1) physical requirements 2) mental skills required 3) other eg. equipment etc. Work in teams of two or alone. Present findings to the class.

Sport		
Physical requirements		
Mental skills		
Other requirements		

Take our Healthy Mind & Body Quiz

Take the Quiz

- What does the term “Mens sana in corpore sano” mean?
- Can you list the seven macro nutrients?
- What is the recommended amount of exercise for teenagers?
- What is the recommended amount of sleep for teenagers?
Do you meet this recommendation?
- What is the recommended amount of screen time for teenagers?



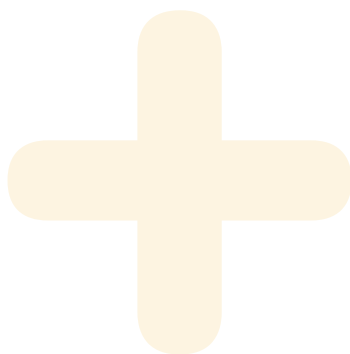
Class Activity



You've got one battery of energy for the day. Think of the things that drain the battery or charge it up. Fill in the list below. When you're feeling low go to this list and see if you can remove some of the drains and increase the number of energizing tasks you can do.

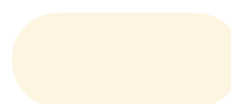
+ CHARGE ME UP

e.g listen to music, go for a walk



- DRAIN MY BATTERY

e.g. go on social media, texting negative people



Reflection / Debrief

- What did you think about this ring?
- What did you like most about it?
- What did you least like about it?
- What's something you'd like to remember?