

## Grade 3 Healthy Living Assignment Criteria

### PART ONE - Coming up with Ideas

We came up a variety of ideas about how physical activities and exercise are good for our health. We also came up several ways in which we can show respect for God and his creations when we exercise.



**What are some of the ways exercise can help us stay healthy?**

- keeps our body fit.
- makes our bones stronger.
- makes our muscles stronger.
- makes our heart stronger.
- helps keep our joints flexible.

**How can exercise affect our mental health?**

- exercise gives us a nice break from learning (e.g. recess).
- exercise can help you rest better when you need to sleep at night.
- it helps you focus on your school work.
- you feel proud of yourself if you accomplish something (example - getting a personal best run, scoring a goal, getting a ribbon).

**When we exercise, how are we showing reverence and respect for Jesus and God?**

- Our body is a gift from God, and we need to take care of it. When we exercise, we are taking care of that gift by keeping it healthy.

**How can we do outdoor activities in a way that respects God's creation?**

- If you go on a hike, do not litter (example - snack wrappers, water bottles).
- Recycle water bottles we use in exercise.

**How can we respect others in physical activity?**

- Congratulate others when they do something well in a game, even if you did not do so well.
- Playing by the game rules (no cheating).

**PART TWO - What you will accomplish**



- Take two of the ideas above from anything we discussed.
- Choose one of these ways shown below to present your understanding about the two ideas you have chosen:

Poster

Comic strip

Story Book

**To earn full marks on this, a student must...**

- Create neat and organized work.
- Make sure as much of the white spaces on the page are filled.
- Create work that is colourful.
- Stay on topic in his/her work.

### PART THREE - When is this due?

-You will have Tue. Oct. 20, Tue. Oct. 27, and Tue. Nov. 3 to work on this in class.

-You will need to hand in your finished work by the end of class on **Tuesday, November 3.**