

Pip's Fitness Challenge

Learning objective: To understand the importance of physical activity, a healthy diet, and mental well-being for a happy lifestyle.

Choose the correct answer for each question. Write your answers in the box provided.

Pip the bookworm caterpillar is excited to go on a fitness adventure! She knows that being active is important for her physical and mental health. Pip's friends are joining her on a fun-filled day of sports and games. They will learn about the importance of teamwork, healthy eating, and getting enough sleep. As they play, they will discover the benefits of regular exercise and physical education. Who will join Pip on her fitness challenge?

Word bank: exercise · physical education · healthy · well-being · mental health · sports equipment · teamwork

1. What is the main reason for Pip's fitness challenge? (1 mark)

2. What is healthy eating? (1 mark)

3. Which of the following sports is a team sport? (2 marks)

4. Why is regular exercise important? (1 mark)

5. What is physical education? (1 mark)

6. True or False: Teamwork is not important in sports. (1 mark)

7. What is mental health? (1 mark)

8. Which of the following is a benefit of regular physical activity? (2 marks)

9. What is the importance of a healthy diet? (1 mark)

10. What is the main goal of Pip's fitness challenge? (1 mark)

Draw: Draw a picture of Pip and her friends on their fitness adventure. Include some sports equipment and a healthy snack.



Extension challenge: Imagine you are Pip and write a short story about your fitness challenge. Include the benefits of regular exercise and healthy eating.