



GET ACTIVE



10 MINUTES



READY TO GO

ACTIVE BODY, ACTIVE MIND



▶▶ GETTING INTO THE ACTIVITY

Keeping our bodies and minds active and healthy is really important. Let's get both our body and mind working hard, with this active take on a quiz.

Explain to the group that you are going to ask them a series of questions based around their bodies and how fascinating the human body is. For each question there will be two options (i.e. True or false). An action or exercise should be given for each option. Children should complete the action for the answer they think is correct.

Example: Your heart beats a million times a year. True or false? (True = Star jumps. False = run on the spot).

Once everyone is doing an action, reveal the correct answer and award a point for anyone who guessed correctly. Continue with the rest of the questions, but change the actions throughout. Other actions could be, star jumps, running on the spot, spinning, jumping, boxing, stretching, high knees, balancing and so on. You could also award a point for the person doing the best / most energetic actions each round too. Who can get the most points by the end of the quiz?

Take it further: You can use the actions to signal answers for any quiz you do in the future. A great way to get active and learn at the same time.

✓✓ WHAT YOU'LL NEED

- 'Active Body, Active Mind' Question Sheet

! KEEPING EVERYONE SAFE

Ensure children have plenty of space around them to complete the actions. If running this activity face-to-face, please maintain social distancing as required.

ACTIVE BODY, ACTIVE MIND

QUESTIONS

1) Your heart beats a million times a year. True or False?

False - It's actually 35 million times a year. That's 100,000 heart beats a day or 4000+ an hour. Your heart works really hard!

2) Laughing is good for your heart. True or False?

True - Your body likes it when you laugh and it releases hormones (chemicals) which do lots of good things.

3) How many bones do we have in our body? 106 or 206?

206 - We have a lot of bones in our body! Children are actually born with 300 bones, but these develop and merge with other bones during childhood to become 206 bones by the time you are an adult.

4) Half of our bones (100+ bones) can be found in our hands and feet. True or False?

True - Our hands and feet are full of tiny little bones which mean we can use them to do lots of different things.

5) A sneeze can travel as fast as 70 MPH (The speed you drive on the motorway). True or False?

False - A sneeze can actually travel at 100mph! That's a lot faster than a car is allowed to travel on any of the UK's roads.

6) The largest muscle in your body is your bum. True or False?

True - The bum muscle is called the 'gluteus maximus' and has the big job of keeping you upright when you sit down.

7) Which part of your body is thought to be the most ticklish? Ribs or Feet?

Feet - For lots of people, the bottom of their feet are the most ticklish part of the body. A good fact to remember next time you see a family member's feet up on the sofa!

8) Your fingernails grow 4 times faster than your toenails. True or False?

True - Fingernails grow much faster than toenails. A completely pointless fact for you to remember and share with your friends at school!

9) Adults have more tastebuds than children. True or False?

False - Children actually have more than adults. Tastebuds are the things on your tongue that help you to taste food and drink. Children usually have twice as many tastebuds as adults.

10) You are taller in the morning than you are in the evening. True or False?

True - On average we can be 1cm taller in the mornings. During the day our body and bones compress (get pushed together) a little bit. When we lay down to sleep, these bones go back to normal again.