

ACTIVE BODY, ACTIVE MIND



GET ACTIVE



10 MINUTES



READY
TO GO



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.

This activity should be run by a grown-up, with them asking the questions and deciding the actions for each question.

Our 'active mind, active body' quiz asks a series of questions based around our bodies and how fascinating they are. For each question there will be two options (i.e. True or false). An action or exercise should be given for each option. Those family members taking part should complete the action for the answer they think is correct. Try to get as many family members as possible playing along with you. Example: Your heart beats a million times a year. True or false? (True = Star jumps. False = run on the spot).

Once you and your family members are 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. Who from your family can get the most points by the end of the quiz?



WHAT YOU'LL NEED

- 'Active Body, Active Mind' Question Sheet



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video of your family completing the active body active mind quiz with your BB group or post on social media using #BBatHOME. An adult should initiate any contact with the BB group and/or share on social media.

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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.