



HOW DO YOUR FRIENDS AND FAMILY LIKE TO MOVE THEIR BODIES?

Print this worksheet off and interview your friends or family members – what is their favourite way to move their body, and how does it make their body feel good? It might be their favourite sport, dance routine or way to get to school.

Then, from what you have researched about your family and friends, write down a new way that you want to move your body. Try it out and write about how it made your body feel.

NAME:

FAVOURITE WAY TO MOVE YOUR BODY?

HOW DOES THIS MAKE YOUR BODY FEEL GOOD?

NAME:

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HOW DOES THIS MAKE YOUR BODY FEEL GOOD?

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FAVOURITE WAY TO MOVE YOUR BODY?

HOW DOES THIS MAKE YOUR BODY FEEL GOOD?

NAME:

FAVOURITE WAY TO MOVE YOUR BODY?

HOW DOES THIS MAKE YOUR BODY FEEL GOOD?

One new way I'm going to try
and move my body...

How this made my body feel...

