

JUMP START THE DAY – COMMIT TO BE FIT!

Benefits of exercise:

- Makes you feel **revitalised** and good about yourself –
- THE FEEL GOOD FACTOR!
Doing some form of physical exercise is known to release positive **endorphins** in your body.
- Strengthens bones and muscles
- Reduces the risk of illness
- Builds confidence
- Releases stress
- Great way to learn new skills
- Encourages you to meet new people
- Sense of achievement

And the best exercise of all to remain healthy – involves very little movement at all!

SLEEP!



MAKE A POSITIVE DIFFERENCE –
GET UP AND GET FIT!



GET FIT DON'T QUIT



CELEBRATE YOUR BODY!

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Get Fit, Don't Quit – 4b – Teacher Questions

It's important to **ensure** you take your 5

a day -
fabulous fruits and
victorious vegetables!

REMEMBER: YOUR DIET SHOULD BE
BALANCED

Department of Health **guidelines**:

- 1/3 of your diet should be carbohydrates: these include breads, pastas, rice and potatoes
- Another 1/3 should be fruit and vegetables
- Proteins and fibres which are found in meat, fish, beans and cereals
- Milk and dairy products – provides fats, proteins and calcium
- Fats and sugars – the body requires these but **ONLY** in small **quantities**



- WATER IS **VITAL** – CHILDREN SHOULD DRINK 3 TO 4 GLASSES A DAY.
WHY? – Water keeps our body temperature controlled, flushes out waste materials and carries **nutrients** around our bodies.

Why does the illustrator use a heart carrying out exercise as the main image of the leaflet? (AF6) **It is used to illustrate the main purpose of the leaflet – the importance of diet and exercise on our bodies to ensure good health and a happy heart.**

“Get Fit, Don't Quit”. What techniques does the writer use here in this main slogan to highlight the purpose of the leaflet? (AF5) **The statement rhymes so that it is easier for the reader to remember the point of the leaflet. It also has within the statement, as highlighted in red, DO IT, to stress the point of not giving up exercise, persevere as it can only benefit the body.**

What does ‘a balanced diet’ mean? (AF2) **A balanced diet means eating plenty of different foods from the main food groups.**

Give an example of a food that has carbohydrates. (AF2) **Bread, pasta, rice, potatoes.**

Why is it important to include dairy products in your diet? (AF2) **It provides fats, proteins and calcium for the body.**

Which food group should you only have in limited amounts? (AF3) **Fats and sugars.**

Do you think the image of the plate with the food groups is a good way to illustrate the point of a balanced diet? Explain your answer. (AF7) **Open answer but should generally be answered in the positive. The image of the plate illustrates very clearly and simply the quantities of each food group a person should eat per day and visual examples of food from each group. The plate highlights that this image is about what we eat, what we should eat and how much of it we should have.**

Why does exercise give you the feel good factor? (AF3) **Makes you feel more positive about yourself and more healthy.**

List three other ways in which exercise is beneficial. (AF2)

- **Doing some form of physical exercise is known to release positive endorphins in the body**
- **Strengthens the bones and muscles**
- **Reduces the risk of illness**
- **Builds confidence**
- **Releases stress**
- **A great way to learn new skills**
- **Encourages you to meet new people**
- **Sense of achievement**

Why is water so important to our diet? (AF3) **Keeps control of our body temperature, flushes out waste products from our body and carries vital nutrients to all parts of our body.**

“Seven days without exercise makes one weak.” This is a play on words. Explain this. (AF5/AF6) **Seven days is one week but the writer uses a homophone to make a catchy statement – Without any exercise a person's body can become weak. One refers not to the number in this sense but an individual person.**

What should you have five of every day? (AF2) **Fruits and vegetables.**

Which literary technique is used here and why? “Fabulous fruits and victorious vegetables.” (AF4) Alliteration is used to emphasise the importance of this piece of information. The vocabulary chosen to describe fruits and vegetables is positive and powerful to encourage people to follow this advice and stress the benefits of eating these food types.

What does the writer mean by the statement, “Celebrate your body”? (AF6) That your body is precious and so it is important that you take the best care of it through a balanced diet and regular exercise.

What does the writer believe is the most important form of exercise of all to keep the body strong and healthy? (AF2) Sleep

Why does the author use bullet points in various parts of the leaflet? (AF4) To draw attention to important information so that the reader can identify the key points and facts quickly.

Why do you think the leaflet mentions the Department of Health? (AF3) To show that the information written is from an authoritative, government source and should be respected and recognised as legitimate advice.

What does, “Jump start the day – commit to be fit!” mean? (AF6) Begin your day by carrying out some exercise, be positive and ensure you carry out regular exercise. Commit to this by not easily giving up!

Do you think this leaflet achieves its purpose? Give reasons for your answer. (AF6/AF7)

Open answer but answers should generally be in the positive.

Principal points to note:

Catchy slogans using alliteration, play on words, rhyme to highlight and emphasis the importance of exercise and a balanced diet.

Bulleted points – so reader can note key facts and information quickly and understand them clearly.

Use of illustrations – to catch reader’s eye and illustrate main points visually.

Use of blocked capital letters – again to highlight key points.

Why does the illustrator use a heart carrying out exercise as the main image of the leaflet? (AF6)

“Get fit, Don't quit”. What techniques does the writer use here in this main slogan to highlight the purpose of the leaflet? (AF5)

What does ‘a balanced diet’ mean? (AF2)

Give an example of a food that has carbohydrates. (AF2)

Why is it important to include dairy products in your diet? (AF2)

Which food group should you only have in limited amounts? (AF3)

Do you think the image of the plate with the food groups is a good way to illustrate the point of a balanced diet? Explain your answer. (AF7)

Why does exercise give you the feel good factor? (AF3)

List three other ways in which exercise is beneficial. (AF2)

Why is water so important to our diet? (AF3)

“Seven days without exercise makes one weak” This is a play on words. Explain this. (AF5/AF6)

What should you have five of every day? (AF2)

Which literary technique is used here and why? “Fabulous fruits and victorious vegetables.” (AF4)

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Why do you think the leaflet mentions the Department of Health? (AF3)

What does, “Jump start the day – commit to be fit!” mean? (AF6)

Do you think this leaflet achieves its purpose? Give reasons for your answer. (AF6/AF7)

Find the dictionary definition for the following words. (AF2)

ensure _____

balanced (as in food) _____

guidelines _____

quantities _____

vital _____

nutrients _____

revitalised _____

benefits _____

endorphins _____

commit _____

Find the dictionary definition for the following words. (AF2)

ensure – **make certain, guarantee**

balanced (as in food) – **the different elements in the correct proportions**

guidelines – **a recommendation, direction, piece of advice**

quantities – **a certain amount**

vital – **necessary, essential**

nutrients – **substances that provide nourishment which are essential for the maintenance of the body to allow it to remain healthy**

revitalised – **to give something new energy, vitality, to strengthen and re-energise.**

benefits – **to give an advantage, profit, gain**

endorphins – **hormones in the body that respond to pain, physical exercise and send messages to the brain**

commit – **to devote, dedicate**

Place the correct word in each sentence. Use each word only once.

1. The lungs are _____ organs to help us breathe.
2. I will _____ to the project and do the very best I can.
3. Please _____ you lock the gate behind you so that the animals cannot escape.
4. I felt _____ after a decent night's sleep.
5. When rockets are launched they use vast _____ of fuel.
6. The gymnast _____ perfectly on the beam with one foot for one minute.

ensure

balanced

quantities

vital

revitalised

commit

Use these words to write extended sentences. Can you write sentences using more than one word below?

ensure

balanced

guidelines

quantities

vital

nutrients

revitalised

benefits

endorphins

commit

Place the correct word in each sentence. Use each word only once.

1. The lungs are **essential** organs to help us breathe.
2. I will **commit** to the project and do the very best I can.
3. Please **ensure** you lock the gate behind you so that the animals cannot escape.
4. I felt **revitalised** after a decent night's sleep.
5. When rockets are launched they use vast **quantities** of fuel.
6. The gymnast **balanced** perfectly on the beam with one foot for one minute.

ensure

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Use these words to write extended sentences. Can you write sentences using more than one word below?

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Homophones

Some words are pronounced like other words but are different in both spelling and meaning e.g. weak and week. These are called homophones.

TASK A

Choose the correct word to complete each sentence.

1. Liverpool were awarded a penalty for a _____ on the striker. (foul/fowl)
2. For breakfast, the child had a bowl of _____ and a slice of toast. (serial/cereal)
3. The lady wrote a _____ for £1000 to pay for her new sofa. (check/cheque)
4. The girl did not look at all well and came over all _____. (pale/pail)
5. The material was _____ against my skin. (coarse/course)

TASK B

This time you have been given the wrong homophone in the brackets. Place the correct word within the sentence.

1. The _____ of cows grazed peacefully in the field. (heard)
2. The general of the army called for his soldiers to advance and go _____. (fourth)
3. The _____ on the grass glistened in the morning sunshine. (due)
4. The _____ of the River Nile were used to make papyrus paper. (reads)
5. The last Tudor monarch to _____ over England was Elizabeth I. (rain)

TASK C

Now, you have no clues as to what the homophone is. There are also punctuation errors to correct.

1. I couldn't _____ the noise of next doors party last night.

2. The _____ of the river thames was particularly strong that morning.

3. "sarah michelle gina and frankie are _____ to come to the party, said mum.

Homophones.

Some words are pronounced like other words but are different in both spelling and meaning e.g. weak and week. These are called homophones.

TASK A

Choose the correct word to complete each sentence.

1. Liverpool were awarded a penalty for a **foul** on the striker.
2. For breakfast, the child had a bowl of **cereal** and a slice of toast.
3. The lady wrote a **cheque** for £1000 to pay for her new sofa.
4. The girl did not look at all well and came over all **pale**.
5. The material was **coarse** against my skin.

TASK B

This time you have been given the wrong homophone in the brackets. Place the correct word within the sentence.

1. The **herd** of cows grazed peacefully in the field. (heard)
2. The general of the army called for his soldiers to advance and go **forth**. (fourth)
3. The **dew** on the grass glistened in the morning sunshine. (due)
4. The **reeds** of the River Nile were used to make papyrus paper. (reads)
5. The last Tudor monarch to **reign** over England was Elizabeth I. (rain)

TASK C

Now, you have no clues as to what the homophone is. There are also punctuation errors to correct.

1. I couldn't _____ the noise of next door's party last night.

I couldn't **bear** the noise of next door's party last night.

2. The _____ of the **River Thames** was particularly strong that morning.

The **current** of the River Thames was particularly strong that morning.

3. "Sarah, Michelle, Gina and Frankie are _____ to come to the party," said Mum.

"Sarah, Michelle, Gina and Frankie are **allowed** to come to the party," said Mum.

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Get Fit, Don't Quit – 4b – SPAG **ANSWERS**

there, their or they're

there – refers to places and statements of fact eg. Your books are over there. There are seven days in a week.

their – refers to a possession and is usually followed by a noun eg. The children opened their books.

they're – is a contraction for they are e.g. They're coming for dinner this evening.

TASK A

Place the correct there, their or they're in each sentence.

1. Is that _____ car?
2. _____ very nervous about the performance.
3. _____ are fifty two weeks in a year.
4. Is this _____ door keys?
5. How long will it take to get _____?
6. If _____ careful it will be fine.
7. Everyone placed _____ bags on a peg.
8. I have been invited to _____ party next week.

TASK B

This time, there are spelling errors to consider too!

1. Cood you find out _____ adress please.

2. I have herd _____ going to move house tommorow.

3. They where exited to receive _____ presents.

4. _____ busness premises are over _____ between the two tall factorys.

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their – refers to a possession and is usually followed by a noun eg. The children opened their books.

they're – is a contraction for they are e.g. They're coming for dinner this evening.

TASK A

Place the correct there, their or they're in each sentence.

1. Is that **their** car?
2. **They're** very nervous about the performance.
3. **There** are fifty two weeks in a year.
4. Is this **their** door keys?
5. How long will it take to get **there**?
6. If **they're** careful it will be fine.
7. Everyone placed **their** bags on a peg.
8. I have been invited to **their** party next week.

TASK B

This time, there are spelling errors to consider too!

1. Cood you find out _____ adress please.

Could you find out their **address** please.

2. I have herd _____ going to move house tommorow.

I have **heard** they're going to move house tomorrow.

3. They where exited to receive _____ presents.

They **were excited** to **receive** their presents.

4. _____ busness premises are over _____ between the two tall factorys.

Their **business** premises are over there between the two tall **factories**.

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Get Fit, Don't Quit – 4b – SPAG **ANSWERS**