



Student Activities

Title Comparing Lifestyles

Theme Using leisure time for physical activity

Introduction

Technology changes the way we live our lives.

Technology 20, 30, 40 and 50 years ago was very different to what we're used to today. People didn't rely on machines as much as we do.

How was life different? How did primary age children spend their leisure time in the past?

Learning tasks

You will interview an older familiar family member, friend or teacher, asking them about how they were physically active when they were primary school age. With the information gathered, you will participate in a class forum discussing the topic "Has physical activity changed over time?"

1. As a class, compile a list of at least four questions to ask the person you are going to interview.
2. Conduct the interview at a time and place convenient to you and your interview subject. Don't forget to speak clearly, explain your purpose, take notes of their answers and be polite.
3. Contribute your ideas and findings to the class forum. Can you draw any conclusions? Has physical activity increased over time? How do today's types of physical activity compare with those in the past?
4. What positive changes can you make to your lifestyle that will increase your amount of physical activity performed, especially during your leisure time? Create a class poster titled "Opportunities for Everyday Physical Activity".