

LEVEL 1

ENIGMATHICQ

ACTIVITY 3

The great health quest!





The great health quest!

Mission one:

Types of physical activities

Just like our heroes, you will complete a quest to discover how to be healthy through physical activity!



STEP 1

A healthy kid should have a resting heart rate of 60 to 100 beats per minute.

Look at the clock and count how many times your heart beats in one minute!



My resting heart rate:
___ beats per minute



STEP 2

Now let's do some moderate activity:

Stand up and sit down on your chair 10 times!



My heart rate after moderate activity:
___ beats per minute

THINK

What moderate physical activities can you think of?



STEP 3

Now let's do some vigorous activity!

Do 30 jumping jacks as fast as you can!



My heart rate after vigorous activity:

___ beats per minute

THINK

What vigorous physical activities can you think of?



STEP 4

Now let's do muscle and bone strengthening activity:

Stand up, take one heavy book in your hand and lift it slowly in the air 20 times



My heart rate after this activity:

___ beats per minute

THINK

What muscle and bone strengthening activities can you think of?



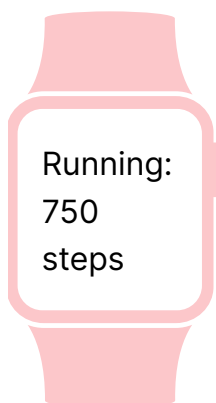
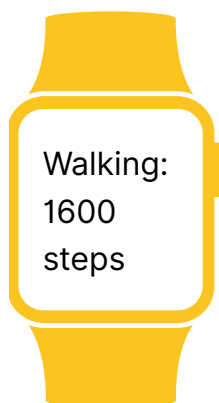
Mission two:

Quest math!

Now, let's calculate how much moderate, strengthening and vigorous activities we did on the great neighborhood quest!

DATA

Our smartwatches have collected this information for us! Let's calculate how much of each type of exercise we did during our quest:



Walking is a moderate exercise: If I walk 100 steps a minute, how long did I walk on the quest?
_____ minutes

Running is a vigorous exercise: If I run 150 steps a minute, how long did I run during the quest?
_____ minutes

Skateboarding is a vigorous exercise: If I go 120 metres a minute, how long did I skate?
_____ minutes

Walking up a hill is a muscle and bone strengthening exercise: If I climb 25 steps a minute, how long did it take to go up the hill?
_____ minutes

DID YOU KNOW?

This is how much we need to move every week to avoid being slow zombies!



Moderate physical activity:
1 hour a day

Muscle and bone
strengthening activities:
20 minutes 3 times a week

Vigorous physical activity:
20 minutes 3 times a week

QUEST TOTAL

Summarize the result you calculated in the infographic below



Moderate physical
activity:
_____minutes

Muscle and bone
strengthening activities:
_____minutes

Vigorous physical activity:
_____minutes

DE-ZOMBIFICATION

Once we know that, how many times do we need to do the quest to be dezombified?

_____ times



Your turn! Draw a map of your own great health quest and challenge your friends!