

LEVEL 2

ENIGMATHICQ

ACTIVITY 3

The great health quest!





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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?

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



Mission two:

Need for speed!

WALKING

Let's calculate how much walking we need to do to have an hour of moderate exercise per day!

SPEED

To measure how much you would walk in one hour, measure how many meters you walk in one minute!

Make a 5 meters straight line and see how many times you can walk it in one minute!



My walking speed:
_____ x 5 metres in one minute
=
_____ metres per minute
_____ metres per hour



RUNNING

Now, let's calculate how fast you can run!

SPEED

To measure how fast you can run, you need precise time measuring tools! A chronometer is a good tool for that.
Mark a 10 metres distance on the floor.
Have a friend measure how fast you can run it!



My running speed:
10 metres in _____ seconds
= _____ metres per second

CHALLENGE

What distance should each of us walk and run to have 30 minutes of moderate exercise and 20 minutes of vigorous exercise?



LIAM

- Liam walks 62 metres per minute
- What distance does he walk in 30 minutes?
 - 1860 metres
- Liam runs 10 metres in 5 seconds
- What is his running speed?
 - 2 metres/second
 - 120 metres/minute
- How many metres will he run in 20 minutes?
 - 1800 metres



MIA

- Mia walks 70 metres per minute
- What distance does she walk in 30 minutes?
 - _____ metres
- Mia runs 10 metres in 4 seconds
- What is her running speed?
 - _____ metres/second
 - _____ metres/minute
- How many metres will she run in 20 minutes?
 - _____ metres



NOAH

- Noah walks 80 metres per minute
- What distance does he walk in 30 minutes?
 - _____ metres
- Noah runs 10 metres in 3 seconds
- What is his running speed?
 - _____ metres/second
 - _____ metres/minute
- How many metres will he run in 20 minutes?
 - _____ metres



YOU

- You walk _____ metres per minute
- What distance do you walk in 30 minutes?
 - _____ metres
- You run 10 metres in _____ seconds
- What is your running speed?
 - _____ metres/second
 - _____ metres/minute
- How many metres will you run in 20 minutes?
 - _____ metres

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

