

It's Great to be Fit

Approach: One to one

Level: Year 4 and year 8

Resources: Advertisement poster.

Questions/instructions

Show the student the poster.

1. This poster says "It's great to be fit, It's good for you to be fit". See if you can tell me 3 reasons why it is good to be fit. I'll write your ideas on this sheet.

As the student says each reason, write it down on the recording sheet (abbreviated where appropriate) and read aloud. Where 2 or more ideas are given as one, suggest that they be written separately.

After the student has finished identifying the reasons:

2. Now I'll read the things you have said, and if you want to change any of them you can tell me.

Make any changes offered by the student.

First reason:

	% responses	
	y4	y8
to stay healthy	60	49
to look good	8	12
to play sport	27	29
to enjoy life	2	2
other	3	6
no response	0	2

Second reason:

to stay healthy	48	41
to look good	17	13
to play sport	24	29
to enjoy life	4	2
other	4	8
no response	3	7

Third reason:

to stay healthy	39	25
to look good	15	11
to play sport	20	22
to enjoy life	6	3
other	6	12
no response	14	27



3. Look at the things you've said, and choose one thing that you think is probably the most important.

Tick the chosen reason.

Ticked:

	% responses	
	y4	y8
to stay healthy	71	59
to look good	10	9
to play sport	13	20
to enjoy life	2	1
other	3	7
no response	1	4

4. Why do you think that is most important?

Responses too complex to be summarised here.

Commentary

For both year 4 and year 8 students the prime benefit of fitness was seen to be good health. The next most valued benefit was enhanced sporting capability, with body image issues in third place.