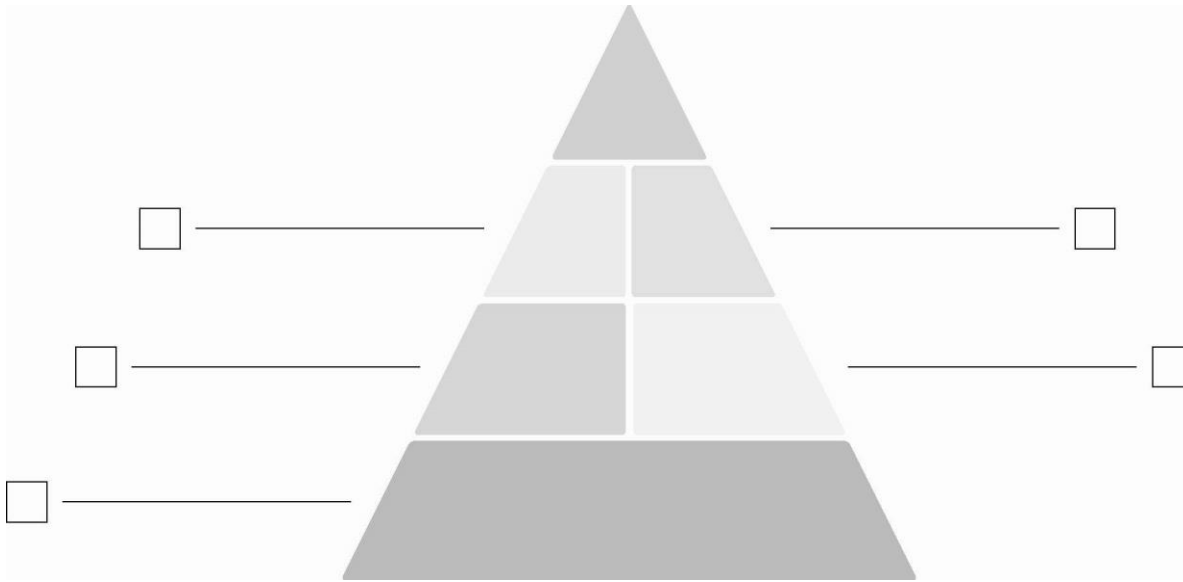


Name: _____

Date: _____

Take a look at the picture of the Physical Activity Pyramid below. Show it to a family member or friend. Based on what you learned earlier in this chapter, explain the pyramid to the person you have selected. Then follow the directions listed below the pyramid.



DIRECTIONS:

1. Beside each type of activity in the first three levels of the Physical Activity Pyramid, write the name of one activity that you and the other person like to do.
2. Choose one of the activities that you listed by placing a check mark in the box beside it. Together, perform this activity for at least 30 minutes.
3. Provide information about the activity you performed.

Date performed: _____

Time started: _____

Time finished: _____

Other person (circle one): dad mom brother sister friend other

In the space below, write several sentences to describe the activity you and your family member or friend did for this assignment, why you chose that activity, and what you enjoyed about performing it.
