Activities Pyramid Quick Activity

Give students copies of Activities Pyramid Activity Sheet.

Ask students to write the names of ten physical activities they like to do, one name in each section of the pyramid. Remind them that physical activities can be anything that involves body movement, including sports, games and household chores.

Ask students to keep track of how often they do the physical activities they like by writing the date and the amount of time in the appropriate pyramid section. After a week, invite students to bring their pyramids back to school and share the results with the class.