

## Physical Education

**WebQuest Description:** Place to determine if you are meeting healthy relationship.

**Grade Level:** 9-12

**Curriculum:** Health / PE

**Keywords:** Health, sleep

**Published On:**

**Last Modified:** 2018-05-03 21:30:25

**WebQuest URL:** <http://zunal.com/webquest.php?w=381125>

### Introduction

Healthy living is very important at any age. Since habits that you do now, will affect you later in life, you need to make the most of what you do now. It is also easier to learn&nbsp;good habits now, instead of changing old bad&nbsp;habits later in life.

### Tasks

When trying to figure out if your living a healthy life style, you need to: Document food intake Document activity (light, modern, and intense) How are your moods/energy level.

### Process

To begin, students will need to get a notebook&nbsp;or journal to record everything. How much and what kind of&nbsp;movement do you do? (low, moderate, high) Keep track of food, how many meals, what kind of meals? (fast food or homemade) What are your sleep habits? are you getting to little or to much?

### Evaluation

After collecting all of the information, what do you do with it? It is time to compare you answers to the recommended charts provided.&nbsp;Sleep: <http://wondergressive.com/enough-sleep-matter-of-belief/> Diet: <https://truweight.in/blog/food-and-nutrition/balanced-diet-chart> Movement: Using technology, what are you steps for the day? are you doing any extra movements during the day?

Category and Score					Score
				Total Score	

### Conclusion

After looking over everything, students will now judge on how healthy they are&nbsp;living. Healthy living is very important for not only in the present, but for the future.&nbsp;After reviewing their result, they will be able to see where they need or want to be. Once they see what the results are, they can get motivation from it. Key to understand that this is not to make anyone feel ashamed, but to motivate a change in ones life.

### Teacher Page

This activity is great for students because it can help open their eyes to how they are living their live and see if there are changes that need to be made.

**Standards**

**Credits**

**Other**