

THE WCR LEARNING COMMUNITY

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Photo by Wayne Leidenfrost/*The Vancouver Sun*
Kids run in the Sun Run.

Adapted from *The Vancouver Sun*

Cut down on sitting down

Level 2

Canadians think their children are active.

This is not true.

Children aged 5 – 11 should be moving fast for an hour or more every day.

A report on Canadian children

Rachel Colley helped to write a report.

She studied children and youths aged 6 – 19.

She said 93% are not active for an hour a day.

And 23 % of these children weigh too much.

Many children and teens sit for hours.

These children also have more health problems later.

Too much sitting

If you are on a computer, you do not move much.

When you watch TV, you do not move much.

Children who sit a lot can have poor marks in school.

Then they do not feel happy.

They are angry more often.

Think about these tips:

- Look at a screen for two hours or less.
- Walk or bike to school with friends.
- Go outside and walk the dog, or work in the yard.
- Help make meals or do jobs where you must stand.
- Go and visit friends.
Don't text or email them.

(Exercise on next page)

Exercise:

Verbs with “down”

Choose the correct verb. Then write it in the space with “down”.

1. When a car or bus hits you, you are _____ down.
a. cooled b. marked c. knocked
2. When you watch less tv, you _____ down your tv time.
a. cut b. tear c. fall
3. You tell a friend you will help. But you do not help. You _____ down your friend.
a. let b. quiet c. sit
4. Take a pot off the stove. You let it _____ down.
a. lie b. cool c. tone
5. First you are angry. Then you sit for 30 minutes. You _____ down.
a. calm b. hand c. climb
6. I will write down your phone number. I will _____ it down.
a. jot b. scale c. tie

(Answers and links on the next page)

Answers:

1. knocked

2. cut

3. let

4. cool

5. calm

6. jot

Links:

Details of recent study:

<http://www.csep.ca/english/view.asp?x=587>

Government activity and sports:

<http://www.participACTION.com>