

LET'S GO FREO



Student Workbook



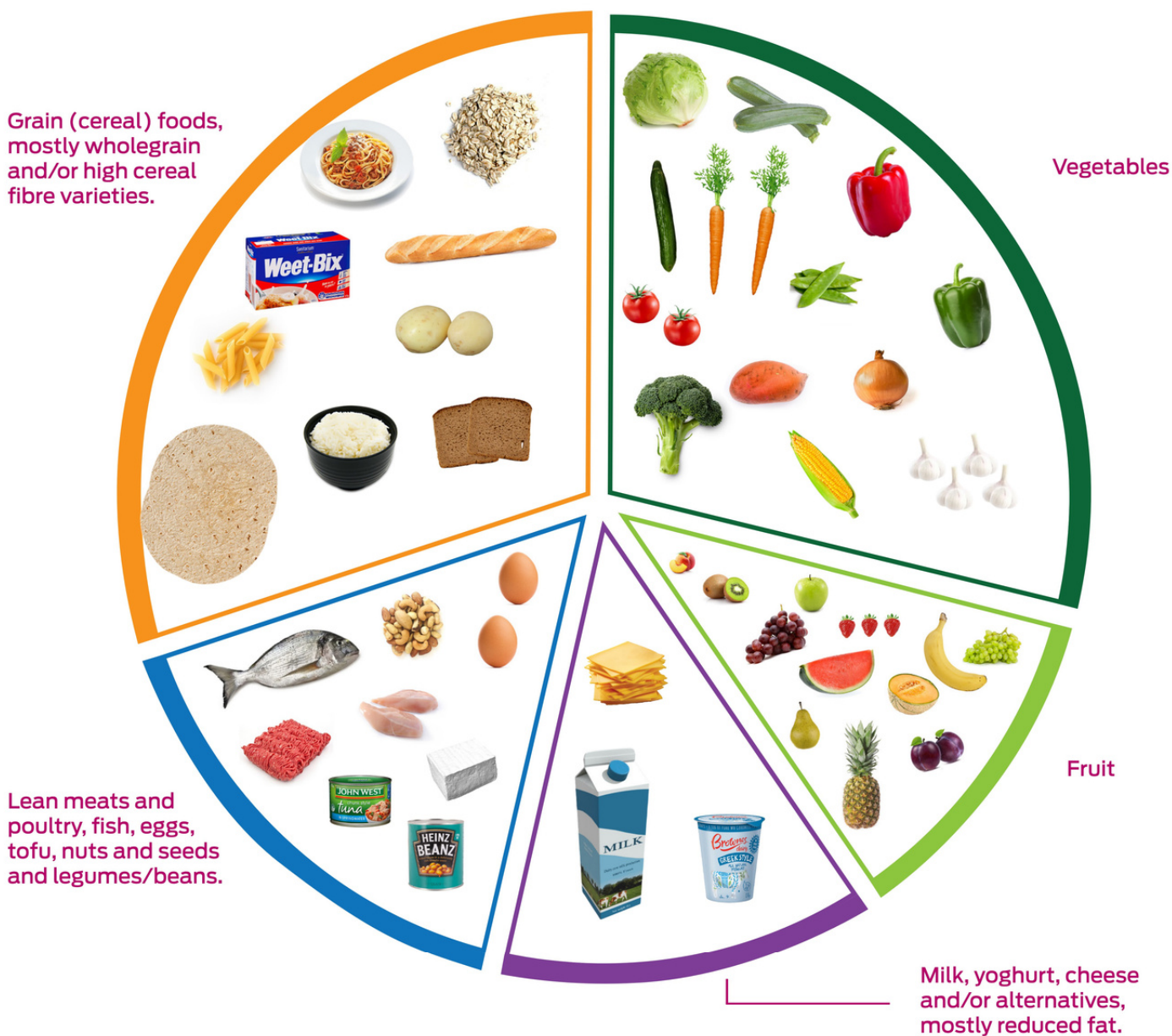
NAME: _____

LET'S BE HEALTHY

NAME: Kiara Bowers POSITION: Midfield NUMBER: 2



Being healthy is all about enjoying a wide variety of nutritious foods from these five food groups and drinking plenty of water each day.



Only sometimes and in small amounts:



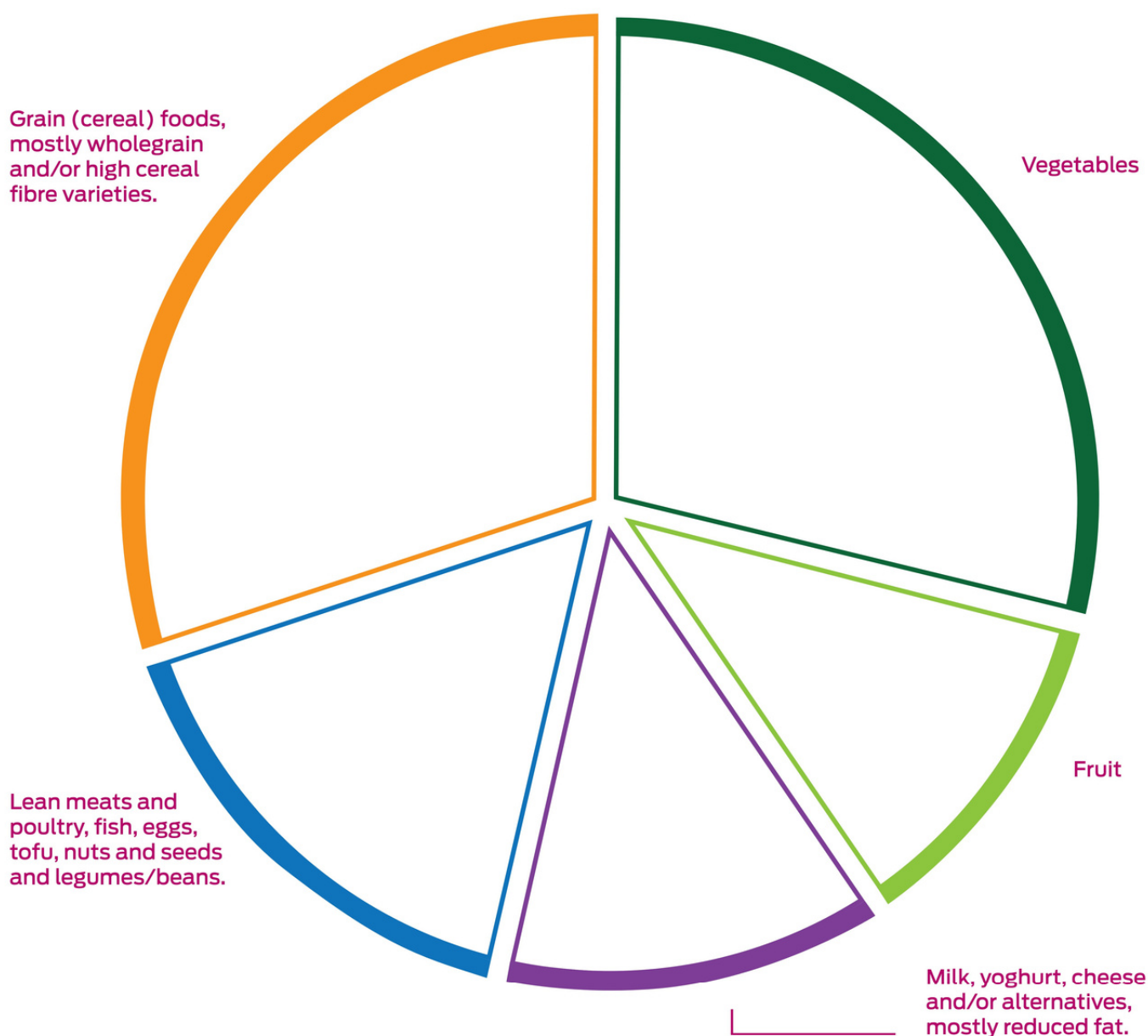
LET'S BE HEALTHY



NAME: _____ YEAR: _____

SCHOOL: _____

What nutritious foods from these five food groups do you enjoy each day?



Only sometimes and in small amounts:



LET'S BE HEALTHY

FYFE'S FOOD JOURNAL

NAME: Nathan Fyfe POSITION: Midfield NUMBER: 7



FYFE'S FOOD TIP:

Start your day with a healthy breakfast!

Breakfast is one of the most important meals of the day, it helps restore energy and vital nutrients after a night of sleep, it helps you to learn better in school and provides you with energy for all the physical activity you do throughout the day.

BREAKFAST

Oats, milk, banana, berries and nuts. Orange Juice.



AFTER TRAINING SNACK

Fruit smoothie, muesli bar.



LUNCH

Tomato, chicken and spinach pasta with cheese.



AFTERNOON SNACK

Banana and peanut butter on wholegrain toast.



DINNER

Fish with broccoli, pumpkin, tomato, potato and green beans.



DESSERT

Frozen yoghurt berry bites.



WATER

Water enables our bodies to carry out all its functions throughout the day, as a guide we should drink at least 6 to 8 cups of water every day!



LET'S BE HEALTHY



NAME: _____ YEAR: _____

SCHOOL: _____



YOUR
FOOD TIP:

BREAKFAST

RECESS SNACK

LUNCH

AFTERNOON SNACK

DINNER

DESSERT

WATER



LET'S BE HEALTHY



NAME: _____ YEAR: _____

SCHOOL: _____

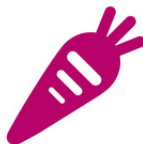
Five Food Groups Check

☐

Grains

☐

Fruit

☐

Vegetables

☐

Protein

☐

Dairy

Choose one of the food groups above and explain to Nat Fyfe why it is really important for a healthy balanced diet.



Two Stars and a Wish

From your food journal can you identify two parts of your diet where you made healthy choices?

★

★

Can you think of one swap or addition you could make to your diet to make it even better?



LET'S BE ACTIVE

NAME: Hayley Miller POSITION: Midfield NUMBER: 19



HAYLEY'S FUN FACT:

Did you know?

Fremantle AFLW captain Hayley Miller loved taking part in swimming, athletics and surf life saving when she was your age!

TYPES OF PHYSICAL ACTIVITY

There are lots of activities that we can do to be physically active.
See if you can fill in the boxes below with ways that you like to keep physically active!

PLAY



WALK



DANCE



SKATE



SWIM



SKIP



SPORT



LET'S BE ACTIVE



NAME: _____ YEAR: _____

SCHOOL: _____

BENEFITS OF PHYSICAL ACTIVITY

Let's see if you can remember and list some of the benefits of physical activity.



Recommended amount of physical activity daily:

Fill in the stopwatch by writing in the minimum number of minutes you should spend being physically active every day!



_____ mins



LET'S BE ACTIVE



Physical activity:

Physical activity can be any activity that involves moving your body! It makes your heart beat faster and your breathing quicker.



Heartbeat:

We know physical activity causes our heart to become stronger and healthier. Describe how your heart is beating both *before* and *after* our Freo Physical Activity Session by marking an X on the graph below!



Breathing:

Physical activity causes our breathing to change depending on how hard we are working. How would you describe the change in your breathing after our Freo Physical Activity Session?

Feelings:

Taking part in physical activity can cause us to feel different than we did before. Draw an emoji to describe how you were feeling *before* and *after* our Freo Physical Activity Session!

Before Physical Activity	After Physical Activity



LET'S BE ACTIVE

ALEX'S PHYSICAL ACTIVITY JOURNAL



NAME: Alex Pearce POSITION: Defender NUMBER: 25



ALEX'S FITNESS TIP:

Keep fit with friends!

Being physically active is always enjoyable, but it's even more fun with your friends! See if you can get a friend to join you in reaching your target of 60 minutes today.

Let's check out how Alex spent his day off and see if he reached his physical activity target of 60 minutes!

ACTIVITY		TIME
	Cycle to the beach.	 15 MINS
	Swim in the ocean.	 10 MINS
	Skate to meet friends for coffee.	 10 MINS
	Walk to the park with my dog.	 10 MINS
	Have a kick with my friends.	 15 MINS



How many minutes did Alex spend being physically active? _____ mins



LET'S BE ACTIVE



NAME: _____ YEAR: _____

SCHOOL: _____



YOUR
FITNESS TIP:

Now it's your turn! Just like Alex chose a day, fill in all of the physical activities that you got up to and see if you reached our magic number of 60 minutes.

ACTIVITY		TIME
	_____	 MINS
	_____	 MINS
	_____	 MINS
	_____	 MINS
	_____	 MINS



How many minutes did you spend being physically active? _____ mins



LET'S BE WELL

NAME: Emma O'Driscoll POSITION: Defender NUMBER: 3



EMMA'S FUN FACT:

Did you know?

When Emma was your age her favourite way to unplug and unwind was to get outside and be physically active. She loved gymnastics, netball and playing with friends.

HEALTHY HABITS

Can you remind Emma of our four healthy habits, why each one is important and the target we want to reach for each habit every day?

Healthy Habit #1

Why is it important?

Target

Healthy Habit #2

Why is it important?

Target

Healthy Habit #3

Why is it important?

Target

Healthy Habit #4

Why is it important?

Target



LET'S BE WELL



NAME: _____ YEAR: _____

SCHOOL: _____

BE MINDFUL

Choose some active, relaxing and creative strategies that you like to use to look after your wellbeing and fill them in below!



ACTIVE



RELAXING



CREATIVE



LET'S BE WELL

WALTERS' WELLBEING JOURNAL

NAME: Michael Walters POSITION: Forward NUMBER: 10



WALTERS' WELLBEING TIP:

Sleep Well!

Ensure you get at least 10 hours sleep each night and you will find yourself fresh and ready to make the most out of every day.

HEALTHY HABITS

Find out what Michael has worked on this week to develop his healthy habits.



PHYSICAL ACTIVITY

I went for a walk to the beach and had a quick swim to make sure I reached my 60-minute target on Saturday.



HEALTHY EATING

It's important to stay hydrated so i make sure I drank water with all my meals.



SLEEP

I went to bed at the same time each night to help me get into a routine and sleep better.



UNPLUG & UNWIND

I decided to read a book for 30 minutes each afternoon after training instead of watching TV.



Be Mindful

Find out what strategies Michael uses when he feels nervous

When I find myself getting nervous before a game I listen to music and practise juggling. The music helps keep me stay relaxed and juggling helps me concentrate and focus. I also remind myself to take some deep breaths to stay nice and calm



LET'S BE WELL



NAME: _____ YEAR: _____

SCHOOL: _____



YOUR
WELLBEING
TIP:

HEALTHY HABITS

What are you going to do this week to help develop your own healthy habits?

PHYSICAL ACTIVITY

HEALTHY EATING

SLEEP

UNPLUG & UNWIND



Be Mindful

What strategies can you try if you are feeling sad, stressed or frustrated?

