

Science - Year 3/4

Animals Including Humans

Fit For Success

Session 1

Challenge PowerPoint



My name is Sally Matheson and I am the captain of the Teignford 6-a-Side Hockey Team.

Let me tell you a little more about us.

Teignford 6-a-side Hockey Team



The Problem

Teignford have not won a match all season.

Training and matches

The team trains every Thursday evening for an hour and a half on an indoor pitch. They play a match every weekend. All the matches are played on a hard surface, either indoors or outdoors like this one.

The Team

The team consists of 3 men and 3 women. One person plays in goal but we like to swap around so everyone stays active.

Meet the Team

Bill



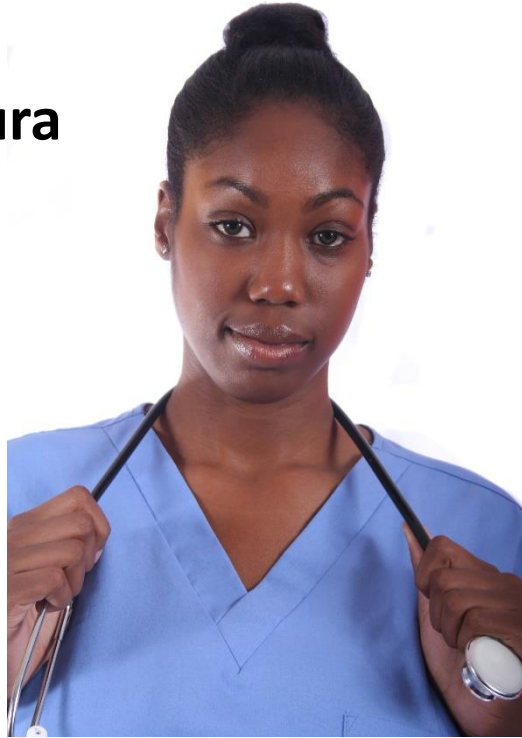
Bill is 58 and he is a lorry driver.

Me (Sally)



I am the captain and I'm 42. I run my own advertising company.

Laura



Laura is 25. She is training to be a doctor.

Simon



Simon is 29 and he works at the local fish and chip shop.

Jian



Jian is 37 and he is a primary school teacher.

Jenny



Jenny is 44 and she works as a gardener.

	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	Corn flakes Toast and Jam	Sausage roll apple	Chicken curry Rice Naan bread	Chocolate bar	4 coffee 1 tea Orange juice coke
Tuesday	Corn flakes Toast and Jam	Cornish Pasty Banana	Beef lasagne Garlic bread, Peas	Crisps Apple	3 coffee 2 tea Orange juice lemonade
Wednesday	Corn flakes Toast and Jam	2 Pizza slices	Sausages, mash and baked beans	Cup cake	4 coffee 1 tea Apple juice coke
Thursday	Corn flakes Toast and Jam	Cheese sandwich Banana	Meat pie, chips, peas	Apple	3 coffee 2 tea Orange juice coke
Friday	Corn flakes Toast and Jam	Sausage roll Crisps	Macaroni Cheese salad	2 biscuits Banana	4 coffee 1 tea Orange juice Mineral water
Saturday	Corn flakes Toast and Jam	Chicken pie chips	Pizza Salad	Chocolate bar	3 coffee 1 tea Orange juice 2 cokes
Sunday	Sausage, bacon, egg, beans, toast	Tuna sandwich Apple	Roast Chicken Potatoes Carrots Broccoli	Choc chip muffin	4 coffee 1 tea Orange juice Lemonade

The team have each completed food and fitness questionnaires, so if you agree to help us, you will have lots of information on our lifestyle, diet and exercise.



The Challenge

Everyone on the team has a busy life but they all love to play hockey. The team are really committed to improving their health and fitness so that they can start winning matches again and maybe even win the league cup next season.

They want you to become their health and fitness advisors. They need some expert help on diet, exercise, fitness, injury prevention and even some self belief!

Please would you help us?



Sally