

Healthy activity Activity Challenge Colouring Page

KS1 / Year 1 - Physical Education

Colour the healthy activity scene and find three important details.



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Parent & Teacher Guidance

Curriculum focus

Topic: Healthy activity. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: DfE national curriculum programme of study for key stage 1.

Before you begin

Review the picture together and ask the learner what they already notice about Healthy activity. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Healthy activity. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

Questions to guide discussion

What evidence can you see? Which feature is most important and why? How does one part connect to another? What new fact about Healthy activity can you explain using the picture?

Answers and checking

Open response. Credit clearly visible, correctly identified features and an age-appropriate explanation. Useful vocabulary: healthy activity, feature, process, function, evidence, relationship, effect.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
