

Review for Topics 1 to 6: Healthy Living Challenge Board Game

Age range: As appropriate	class	Date
Rationale: Review of the healthy living topics		

Resources Required: Game Board and guidance sheet, packs of Bonus and Forfeit cards, dice (one for each group), counters.
Teaching Notes - 'game rules' Throw the die in turn (one throw only) and move the appropriate number of squares. Pick up bonus or forfeit cards as you land on the squares. Play for 10 minutes (or as long as required) and see who picks up the most bonus cards. Count +1 for bonus cards and -1 for forfeit cards. More bonus cards than forfeit indicates a healthier lifestyle.
Plenary The teacher checks the children's understanding by asking questions.
Assessment Strategy: Mainly through observation and questioning.