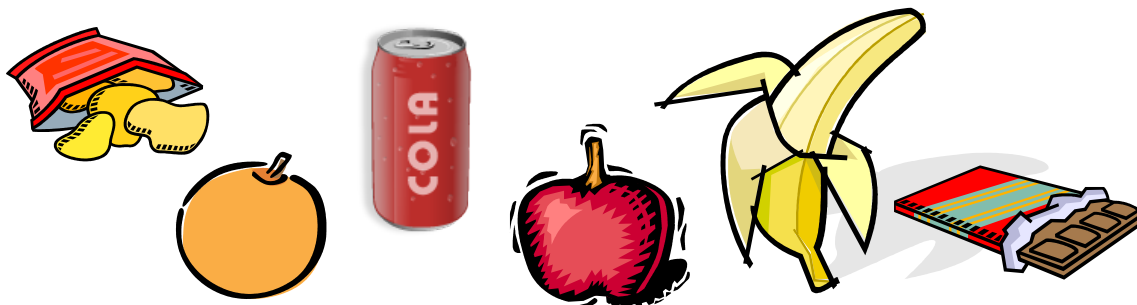




**Who gets hungry after Swimming?**







Did you know that our school swimming lessons are 45 minutes long?  
If you spent 45 minutes swimming and playing games in the water you could burn off about 130 calories of energy!



**Choose 2 snacks that you would like to eat or drink after going for a swim.**

**Task 1**

Check how many energy calories each of your snacks contain. Now add them together

Snack	Calories
chocolate 	125
orange 	45
crisps 	130
apple 	50
banana 	95
coke 	140





My snacks

Snack 1 + Snack 2 = \_\_\_\_\_ calories

**Task 2**

Create your own fun workout to burn off those snack calories

My **No pool, no problem** workout

Activity ideas	Energy Output
<b>Skip</b> , forward, backward, try some tricks 	11 calories per minute
Power <b>walk</b> , walk the dog, chose a funny walk 	9 calories per minute
<b>Jog</b> around the room, up the stairs, on the spot, <b>dribble</b> a ball in the garden 	10 calories per minute
<b>Dance</b> , go nuts to your favourite Tik Tok song 	10 calories per minute

Skip \_\_\_\_\_ minutes

Walk \_\_\_\_\_ minutes

Jog \_\_\_\_\_ minutes

Dance \_\_\_\_\_ minutes

Total \_\_\_\_\_ minutes

**Task 3**

Now do your workout and let's see how hard you have to work to burn-off those snacks!  
Time yourself using a watch, clock or phone app.



Q1. Did you manage to work off all the snack calories? Q2. Are you surprised how long it took?