

GRADE 5: TERM 1 2015

SPEAKING AND LISTENING ASSESSMENT



How can I improve my health?

A couple of weeks ago, you would have completed your Health Diary. You would have recorded how long you slept for, how much physical activity you participated in and what you ate and drank.

Your task is to review the week that you completed the diary and ask yourself the question "*How can I improve my health?*". You are then to create a two minute speech based on how you are going to enhance your health and wellbeing in one of the following areas:

- Physical activity
- Diet
- Sleep
- Hydration

Things to include in your speech might be to:

- Give reasons why your identified area of health is important to children of your age and how it helps you to function daily
- Give reasons why you in particular need to improve that area of health
- Give examples of things that you will now aim to do regularly to improve the health of your identified area

On the back of this sheet you will find the criteria that you will be assessed on. Refer to this when you're writing and practising your speech. You will be assessed by your peer, your teacher and yourself.

**Be ready to present your speech in class on Friday 20th March.
Good luck!**