



Jobs and Health (Middle/Senior) – Part 1

Health and PE

Suitable: Level 3-4 Guided / Independent / Shared

WALT:

Identify which jobs are active and inactive.

Explain how a job can positively or negatively impact a person’s well-being (e.g. physically, mentally).

Here is a list of jobs that people do in many communities.

Doctor	Police Officer	Truck Driver	Teacher
Nurse	Bike Courier	Postie	Train Conductor
Builder	Bus Driver	Engineer	Ambulance Driver
Electrician	Plumber	Athlete	Computer Programmer

Read the definitions for the words **Active** and **Inactive** before doing the activity.

Definition:

- **Active:** to physically move around.
- **Inactive:** to have little or no movement.

Activity

Now look at each job on the list and decide where on a scale of 1-5 you would place it and add it to that column on the chart.

Scale

- | | | |
|----------|----------------------------|-----------------------------------------------------|
| 1 | Completely Inactive | <i>(A job where people sit down all day.)</i> |
| 2 | Mildly Inactive | <i>(A job with a small amount of movement.)</i> |
| 3 | Moderately Active | <i>(A job with an average amount of movement.)</i> |
| 4 | Very Active | <i>(A job which requires a lot of movement.)</i> |
| 5 | Completely Active | <i>(A job where a person moves around all day.)</i> |





Remember there is no right or wrong way of assessing a job because every person will have a different perspective (view) on it.

Completely Inactive	Mildly Inactive	Moderately Active	Very Active	Completely Active
1	2	3	4	5
				e.g. Athlete

Discussion:

Now explain to your teacher / family member why you assessed each job that way.

