



Koala's Sleep, Rest and Play

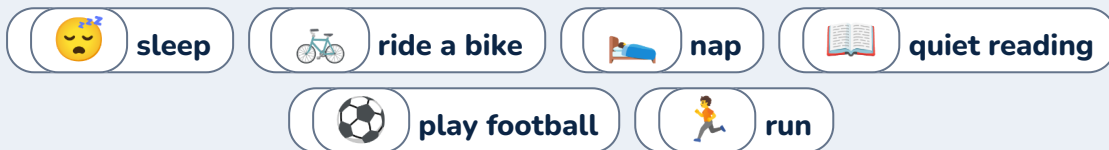
Personal Health

IB PYP Grade 1

PSPE · Personal Health

Name _____ Class _____ Date _____ Score ____ / 15

A Is it rest or active play? Write each in the right box.



Rest



Active play

B True or false?

Children need lots of sleep to grow.

True False

Screens before bed help us sleep.

True False

Playing outside is good for us.

True False

We should drink water when we are active.

True False

C Circle the best answer.

When do we sleep?



night

noon

What do we wear to bed?



pyjamas

skis

What do we drink after running?

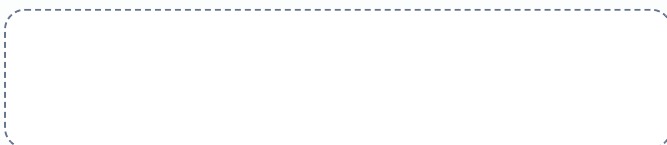


tea

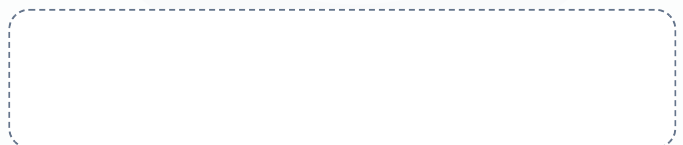
water

D Draw it.

Draw how you rest



Draw how you play





Answer Key: Koala's Sleep, Rest and Play

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For teachers and parents · check your child's work against these answers

A Sorting rest and active play (6 marks)

1. Rest: sleep, nap, quiet reading 2. Active play: run, play football, ride a bike

B True or false about sleep and play (4 marks)

1. True 2. False 3. True 4. True

C Healthy routines (3 marks)

1. night 2. pyjamas 3. water

D Drawing rest and play (2 marks)

1. Accept any suitable drawing: Draw how you rest
2. Accept any suitable drawing: Draw how you play

Total: 15 marks · Accept any correct, clear answer. Colouring, circling and drawing answers may look slightly different.

