



## Jobs and Health (Junior)

Health and PE

Suitable: Level 1-2 Guided / Independent / Shared

WALT: Identify which jobs are active and inactive and discuss why.

### Part 1

Look at the list of jobs below that people do.

Jobs:

Doctor  
Nurse  
Builder

Police Officer  
Bike Courier  
Bus Driver

Truck Driver  
Postie  
Engineer

Teacher  
Train Conductor  
Ambulance Driver

### Part 2

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

Look at the list of jobs and think about which jobs are active ones and which are inactive? Sort them into the correct category and write them down.





ACTIVE	INACTIVE

**Discussion:**

Now explain to your teacher / family member why you think each job is active or inactive.

