

# Staying Safe and Active

Chapter 9: Staying Healthy and Happy · Topic 2

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## Key Concept

Safety rules include looking both ways before crossing the road, not talking to strangers, and following instructions during emergencies like fires.

Staying active means regularly doing physical activities, like playing outdoor games, cycling, or exercising, which keeps our muscles and heart strong.

Balancing safety and activity means playing and exploring while still following important safety guidelines, like wearing a helmet while cycling.

Both staying safe and staying active are important for overall well-being, helping us enjoy life while avoiding unnecessary risks.

## Quick Revision Notes

- Safety rules include road safety and stranger danger awareness.
- We should follow instructions during emergencies.
- Staying active means regular physical activity.
- Physical activity keeps muscles and heart strong.
- We should balance safety and activity.
- Wearing a helmet while cycling is a safety measure.
- Both safety and activity support well-being.
- Following safety rules helps avoid unnecessary risks.

## Practice Questions

- 1 List three road safety rules you follow.
- 2 Do a physical activity today, like playing or cycling.
- 3 Discuss what to do during a fire emergency.
- 4 Explain why wearing a helmet is important.
- 5 Practice looking both ways before crossing a road.
- 6 Talk about your favourite way to stay active.