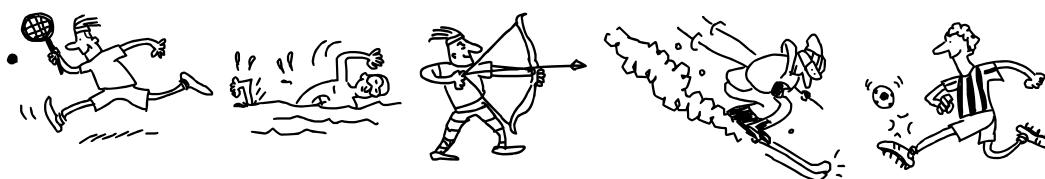


PHYSICAL ACTIVITY PYRAMID



According to *Medical Dictionary for the Health Professions and Nursing*,

PHYSICAL ACTIVITY PYRAMID

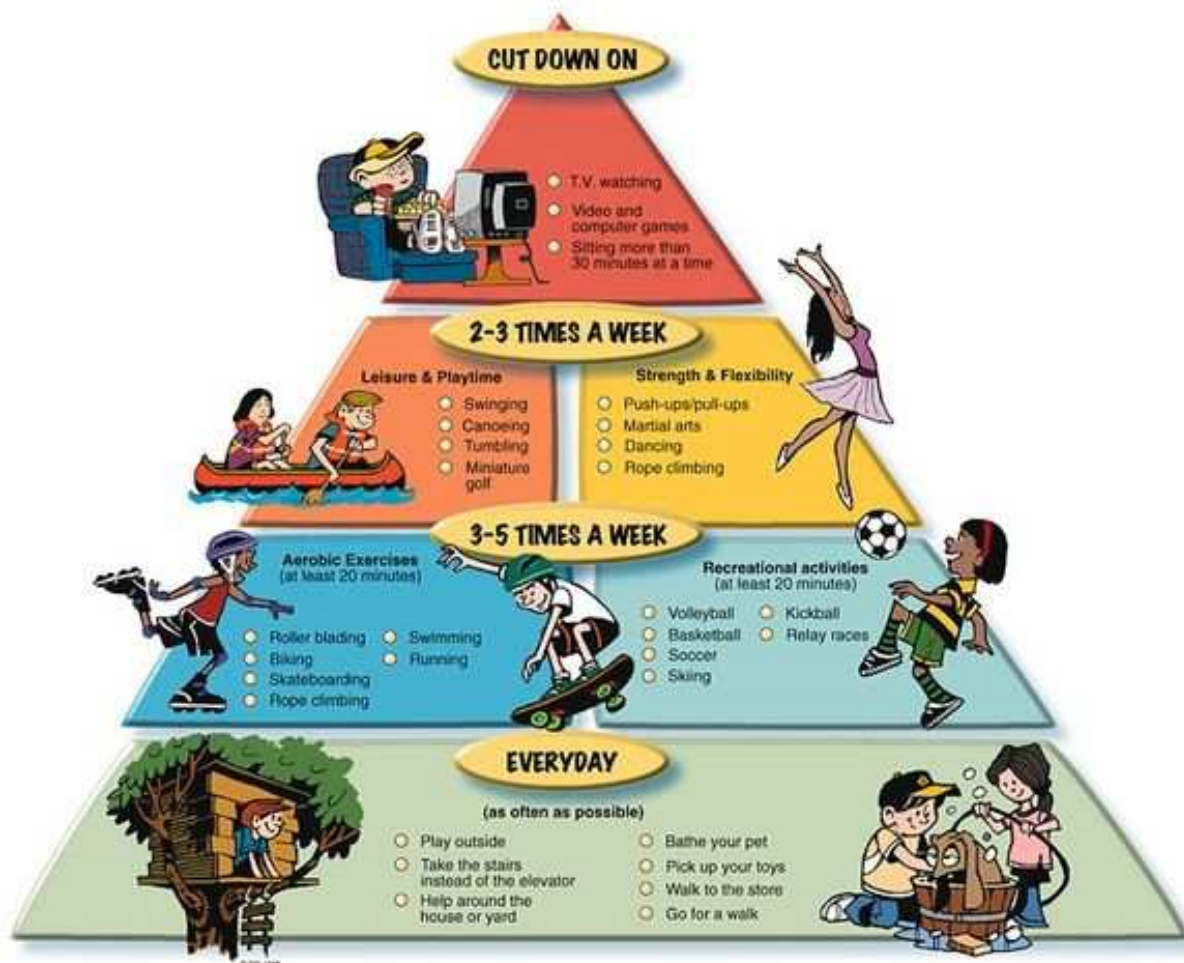
is:

a visual representation demonstrating how to increase physical activity until it becomes a part of daily routine

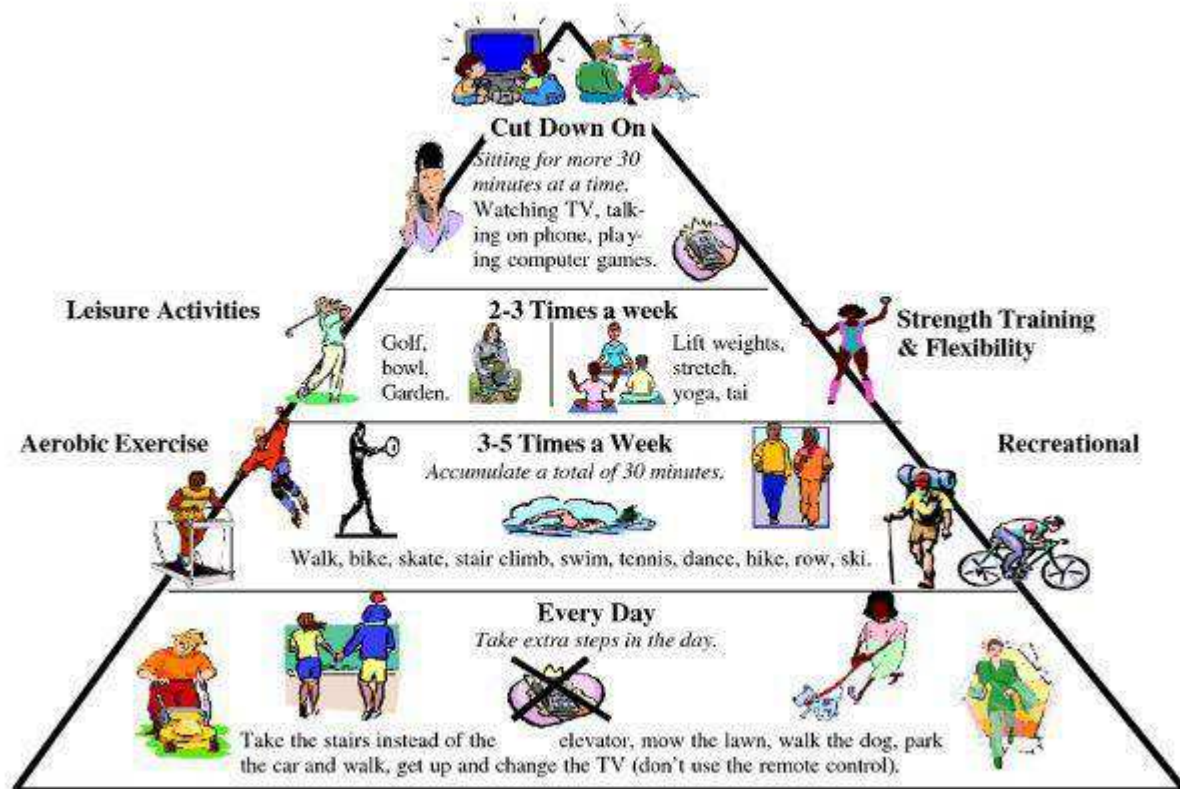
or

a visual representation with daily recommended activity at the base and proceeding to less beneficial activity at the peak

Here are the examples of ideal pyramids:



PHYSICAL ACTIVITY PYRAMID



However, the reality is usually a little bit different from the ideal...

So, here are some examples of "Activities Pyramids" made by **Henryk, Alina and Ola**. They present a typical week of primary school pupils.

Level 1 (the lowest) depicts the activities undertaken every day.

Level 2 - activities done 3-5 times a week

Level 3 – activities done 1-2 times a week

Level 4 (the top) – activities that are almost never done



