



Healthy Lifestyles - Physical Activities and Families

"I Can..." Posters

ELSA Level: Literacy and Level 1
Activity: Making posters
Time: 45 minutes to prepare posters; 30 minutes to present
Materials: chart paper; markers magazines; scissors; glue etc.

Learning Outcomes:

Learners will be able to:

- Express favourite physical activities

Suggested Approach:

- Students make a poster illustrating the activities they can do with their families, such as walking, dancing, stretching, playing games, etc.
- They can draw, cut out magazine pictures, or include photos of themselves doing these activities then write the name of the activity or a sentence under the picture.
- They can then present their posters to each other.