

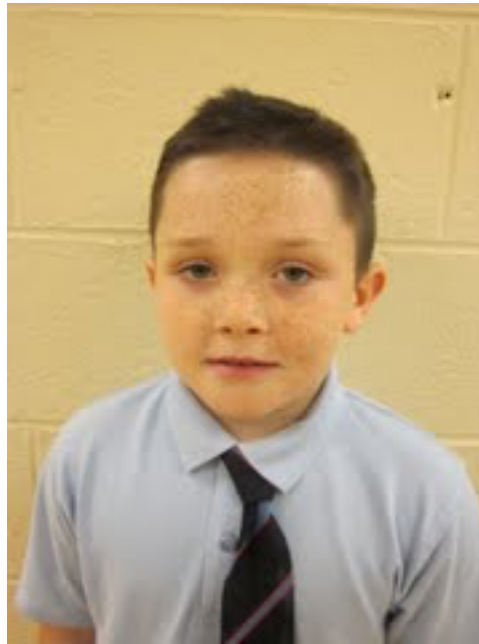
Keep Fit! Keep Active! Keep Happy!

**This is an interview of three 3rd class children
in Mr. M. Daly's class.**

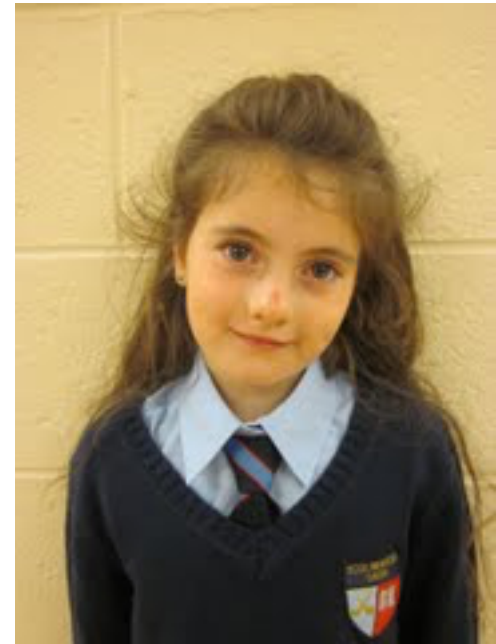
**It is about their Active Flag Super Trooper
Diary which was organised by our Active Flag
Leader, Ms.Campbell. Every child in the school
takes part.**



C1



C2



C3

Tell me about Super Troopers.

C1: Super Troopers is not just about being active, it's about health, nutrition, togetherness, rest, keeping moving and of course fun! This journal contains all of that. I had Super Troopers since 2nd class. I'm in 3rd class now and I LOVE IT!

C2: It makes you get fit and you can try some new healthy stuff

C3: Super Troopers is a diary that gives you exercises and activities. it also gives you new foods to try

Do you do the activities alone?

C1: Sometimes I do the Super Trooper activities with my cousin.

C2: Sometimes I do the activities with my mam or dad.

C3: Sometimes I do Super Troopers with my little sister Aoife

What does your class and family think of Super Troopers?

C1: My Family think that it is a great way to get active.

My class thinks it is fun.

C2: My dad thinks its good to make you fit and my mam thinks its good for me to try out some new stuff.

C3: My family think Super troopers are very good cause it keeps you healthy. My class like it too.

What is your favourite daily activity from Super troopers?

C1: Rabbit Hops, Step Ups, Jumping Jills, Hula Hoops

C2: Take your bike or scooter for a ride as a family

C3: Musical Statues for 10 to 15 minutes and see who can win the most games

What is your favourite 'My Activity' ?

C1: Just Dance, Wii Sports Resort, Skipping and Hula Hoops

C2: Rabbit Hops and 5 laps around my big field

C3: Swimming is my favourite 'My Activity' because i have private lessons. I go every Friday.

How do you feel after you've completed a level?

C1: I feel very happy and energetic.

C2: Very Fit and Healthy

C3: I feel great after completing a level because I know I get fit

What new foods have you tried?

C1: Squash, Zucchini, Pomegranate, Spinach, Bamboo Soup, Honey Pomelo and Sweetcorn

C2: Peppers, Lettuce, Broccoli, Peach, coconut, raisins and onions

C3: I tried spinach and I love it.

Thanks for reading our interview! Get Active!

Written by

Mr.M.Daly's, 3rd Class

