

Exercise



Aim

- I can give reasons why humans need to exercise.
- I can gather information and use it to answer a question.

Success Criteria

- I can record information about exercise.
- I can use the information to answer questions.

Why is Exercise Important?

Children exercise all the time without even thinking about it! Anything that makes your body work hard, like when you run around the playground, is a kind of exercise.

Playing sports, dancing, walking, jumping on a trampoline, riding a bike or a scooter- these activities all count as exercise.

When you exercise, you are helping to build a strong body that will be able to move around and do all the things that you need it to do.

Be active every day and your body will thank you later!

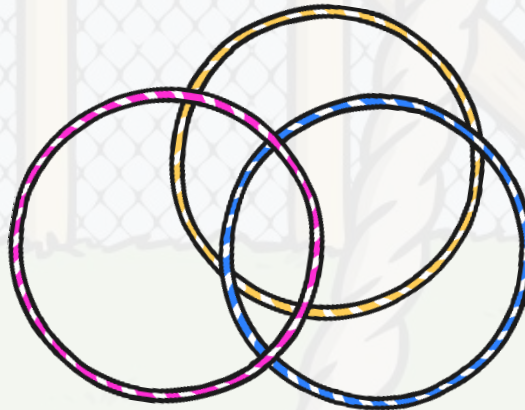


Exploring Exercise



Think of 5 exercises that you can do in 1 minute.

These exercises might just use your body, or could use equipment that is available at home.



Exploring Exercise



Time yourself doing your 5 exercises. How many times can you do each of them in a minute?

Record this number on your activity sheet.

Write a few words to describe how your body feels after each exercise.

Exploring Exercise

Name of exercise	What do you do?	How many times can you do it in a minute?	What happens to your body?

Exploring Exercise



Exploring Exercise Questions

Which exercise could you do the most times in one minute?

Which exercise did you like the best?

Which exercise did you feel was the hardest?

How does exercise make your body feel?

Complete these sentences using the words in the word bank.

Humans need exercise because it keeps their heart _____.

Exercise makes your muscles _____. It uses up calories and keeps your body _____.

When you do exercise, your body feels _____. Your heart beats _____ and you breathe more _____.

Word Bank:

fit

faster

quickly

stronger

tired

healthy

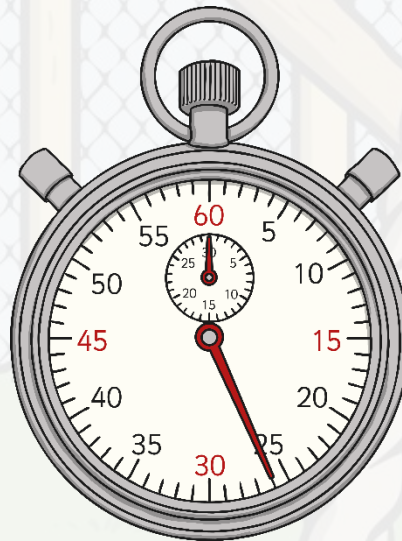
Being More Active



Children of your age should be doing 60 minutes of physical activity every day!

This sounds like a lot, but don't forget, lots of things that you do for fun count as exercise.

Can you think of three activities that count towards your 60 minutes a day?



Being More Active



Here are some ideas. Did you think of anymore?

- riding a bike or a scooter
- playing chase or other fast games
- walking to school or walking the dog
- playing in the playground
- roller skating
- dancing
- swimming
- running
- gymnastics
- football
- rugby
- martial arts, like karate



Being More Active



Think of some ways that you
can be more active in the
week ahead.



Aim



- I can give reasons why humans need to exercise.
- I can gather information and use it to answer a question.

Success Criteria

- I can say a reason why humans need to exercise.
- I can say one effect that exercise has on the human body.
- I can record information about exercise.
- I can use the information to answer questions.