

# Aims of the lesson

- I can give reasons why humans need to exercise.
- I can collect 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.

# 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 or garden, 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!



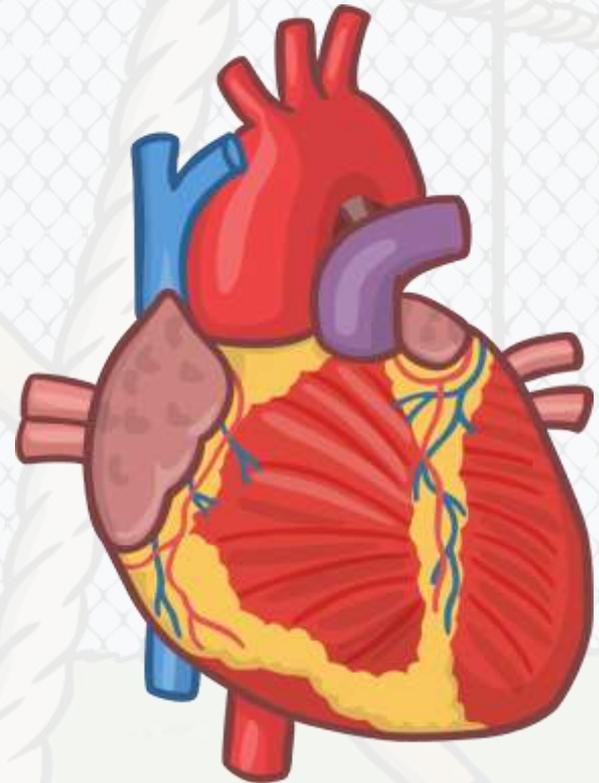
# Why is Exercise Important?

Exercise makes your heart happy!

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger.

Exercise can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job – delivering oxygen to all parts of your body.



# Why is Exercise Important?

Exercise strengthens muscles.

Exercises that make your muscles work hard, help to make your muscles stronger.

This type of exercise builds strength.

By using your muscles to do powerful things, you can make them stronger.



# Why is Exercise Important?

Exercise makes you flexible.

Exercises that stretch your muscles, help your body become more flexible.

Being flexible is having “full range of motion”, which means you can move your arms and legs freely without feeling tightness or pain.



# Why is Exercise Important?

Exercise keeps the balance.

All food, and some drinks, contain calories. Your body needs a certain amount of calories every day, just to keep going.

If you are active, your body uses up more calories. If you are not active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.



# Why is Exercise Important?

Exercise makes you feel good.

It feels good to have a strong, flexible body that can do all the activities you enjoy – like running, jumping, and playing with your friends.

It is also fun to learn new skills, like riding a bike, or learning to swim.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical which may make you feel happier!



# Why is Exercise Important?



Discuss these questions with someone at home. Remember that exercise is anything that makes your body work hard!

What kind of exercise do you enjoy?

What kinds of exercise would you like to learn?

Do you exercise every day?

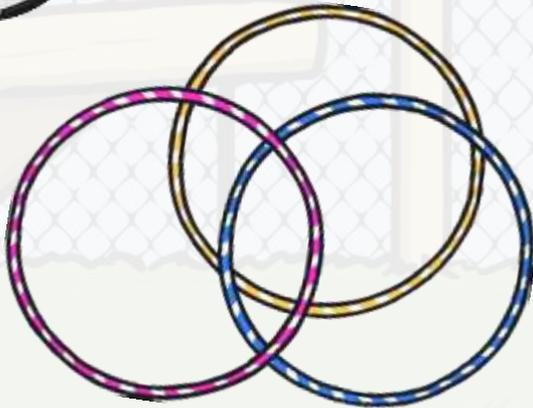


# Exploring Exercise



Think of 5 different exercises. You are going to do each one for a minute.

These exercises might just use your body (jogging, jumping, jumping jacks, marching etc), or could use equipment that you have at home.



# Exploring Exercise



Do each activity for one minute. How many times can you do each of them in a minute? What happened to your body? How did you feel?

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

You might want to record your exercise and ideas in a table like this one.

Name of Exercise	What did you do?	How many times did you do it in a minute?	What happened to your body? How did you feel?

# Exploring Exercise



Use your information to answer these questions in your home learning book. Remember to write in full sentences with capital letters and full stops.

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

Which exercise did you like the best?

Which exercise did you feel was the hardest?

How does exercise make your body feel?

Write out these sentences and add in the missing words. Use the word bank to help you.

Humans need exercise because it keeps their heart h\_\_\_\_\_. Exercise makes your muscles s\_\_\_\_\_. It uses up calories and keeps your body f\_\_\_\_\_.

When you do exercise, your body feels t\_\_\_\_\_. Your heart beats f\_\_\_\_\_ and you breathe more q\_\_\_\_\_.

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 you do 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 with family members
- walking to school or walking the dog
- roller skating
- dancing
- running
- gymnastics
- football
- rugby
- martial arts, like karate
- hula hooping



# Being More Active



Think of some ways that you can be more active this week.

Make an exercise plan for the week and tell someone in your house.

