

**L.O: To observe and understand the effects of exercise.**

- I can describe how my body feels when I exercise.
- I can suggest different activities that exercise our bodies.
- I can plan daily physical activities.

**Scientific skill: Using secondary sources of information.**

**Key Vocabulary:**

**Exercise - movement that makes your heart beat faster and your muscles work.**



**Fitness - when your body is healthy.**



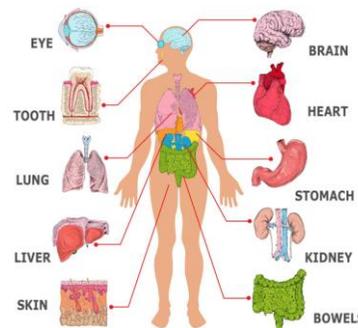
**Stamina - how long your body can exercise for.**

**Regular - when you do something again and again.**

**Physical activity - body movement that helps keep you healthy.**



**Organs - parts of your body that have different jobs, for example, the brain, the heart, the lungs, etc.**





# Take Care



Do you remember the different food types and portions we learnt about last week?

Today we will be learning about exercise and keeping healthy.



To be healthy, we must **exercise** everyday to keep our body fit. It keeps your **organs** healthy and also makes you feel great! It also makes your muscles stronger. The more active you are, the more energy you will have. Keeping fit does not have to be hard work. It could be a little bit of **physical activity** everyday.

Being active is very important to everyone. Anything that makes you move your body, keeps you active.

Exercise is moving and being active. You might feel tired or a little warm after exercising.

You need energy to be active and exercise which we also get from the food we eat and sleeping well.



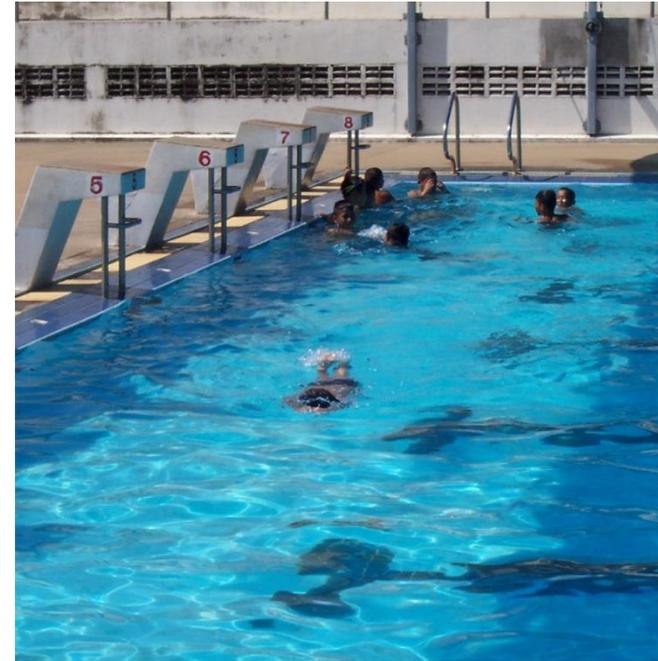
Look at these pictures, what exercises can you see?

Do you do any of these?

Which one of these do you think is the best type of exercise?

Why do you think that?

Can you think of any more?



How active have you been today?

How active have you been all week?

# How exercises did you think of?

Here are some other exercises you could have thought of:

- Walking instead of using a car to get places, for example, walking to school.



- Cycling to get to places

- Using rollerblades travel



- Dancing

- Playing games like football, basketball, tennis and rugby

- Skipping



- Running and jogging



Watch this video to find out a little more about exercise:

<https://www.bbc.co.uk/bitesize/clips/zvdkjxs>

Try this quiz to learn more about exercise!

[KS1 Staying Healthy | The Importance of Exercise](#)

It is important to remember you can still do less active activities, like reading a book, but it's important to balance these with plenty of activity.



Now try some of the exercises!

How do you feel after the exercise?

You may feel sweaty, hot, your heart may be beating fast and you may feel achy or tired. This just means your body has been working hard.

# Science: Skills Activity

Make a simple poster to remind people how to stay physically fit.

You will need to include exercises you can do and the equipment needed to do the exercises.

Here is an example below:



## Science Core and Extension - Activity

Write a letter to your friend or to a family member about ways they can keep physically active to stay fit.

In your letter you will need to include:

- Who the letter is to
- Why you are writing the letter and why it is important to exercise
- What exercises they can do and when
- Who the letter is from

Here is an example:

*Dear Aiysha,*

*I hope you are well! I've noticed you have been finding it difficult to stay fit so I thought it would be a good idea to give you some advice about why it is important to stay physically fit and exercises you can do.*

*There are many reasons it is important to stay active. If you exercise everyday.....*