

Exercise



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!



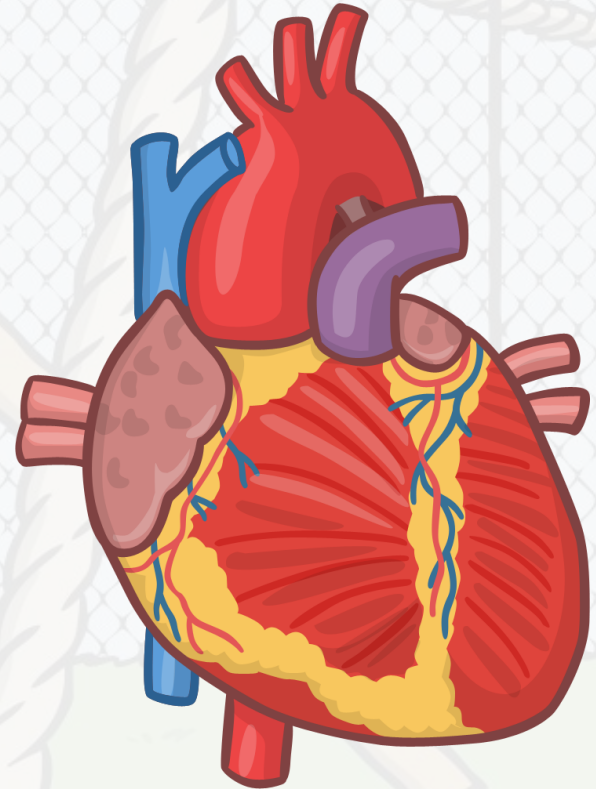
Why is Exercise Important?

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.



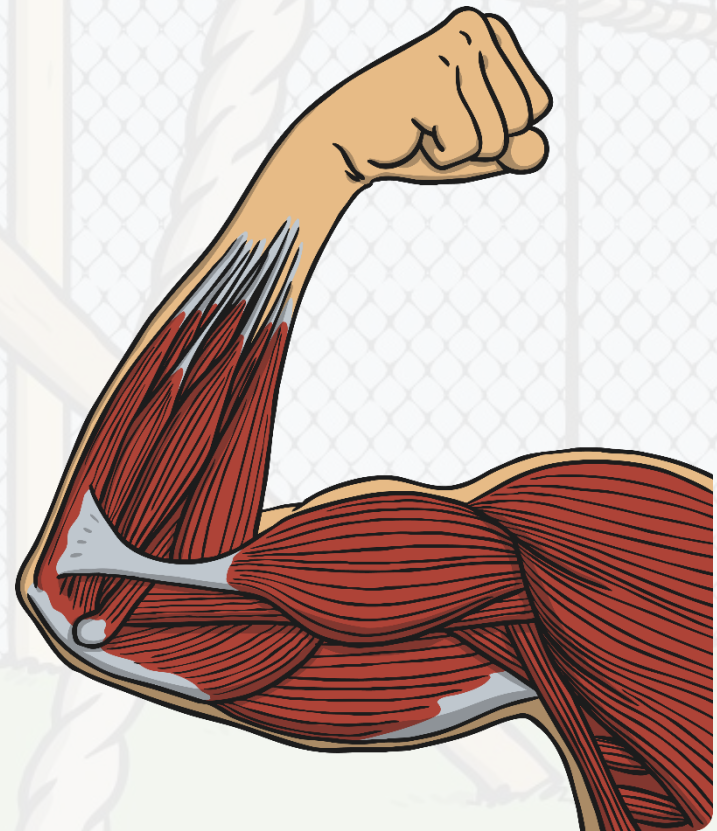
Why is Exercise Important?

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.



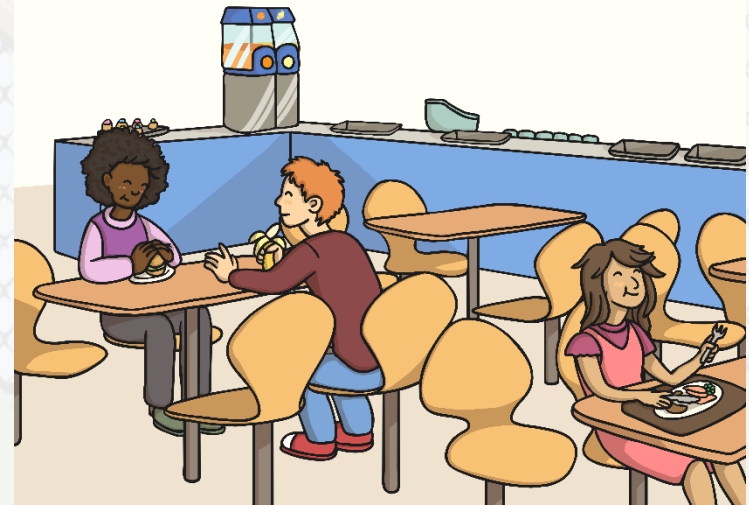
Why is Exercise Important?

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.



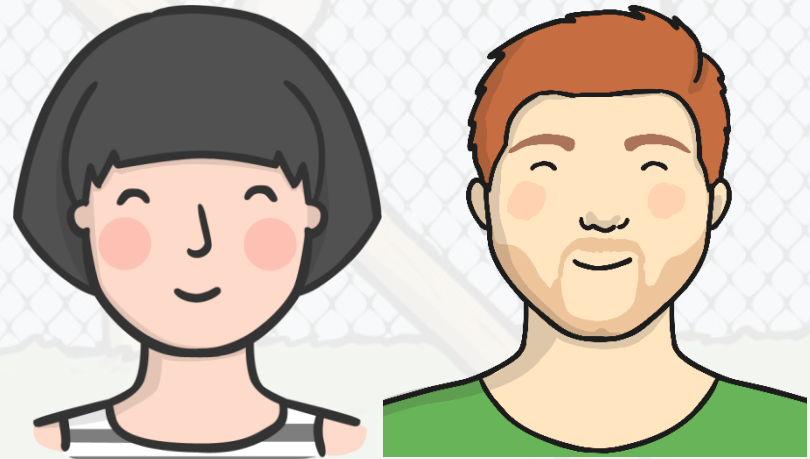
Why is Exercise Important?

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 a family member. 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?

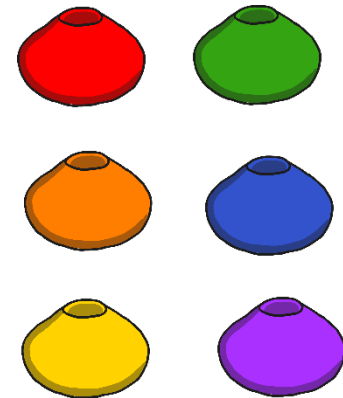
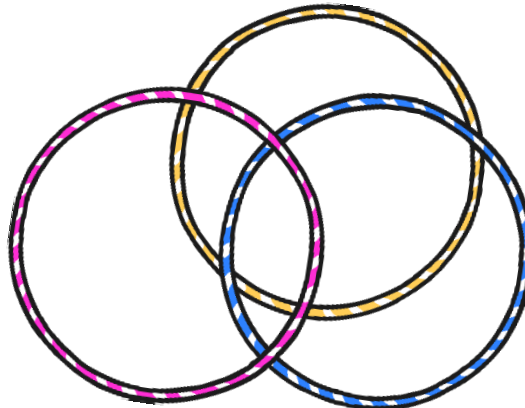
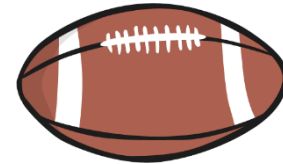


Task : Exploring Exercise

Part 1:

With a family member, 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.



Part 2:

When you are next on a walk or doing your daily exercise (ideally at a local park, but if not then in your garden/ on your balcony), we would like you to time yourself doing your 5 exercises.

How many times can you do each of them in a minute?

Fill in the table below. Remember - you can draw your own table using a piece of paper from home, you don't need a printer to complete this task!

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

Extension Task: Reflection

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