

Keeping Fit and Active

Why Exercise?

People need to do exercise. In the past people would exercise by hunting or fighting. This meant they were very fit and healthy. Even though we do not need to hunt anymore, we do still need to exercise!



How Much Exercise?

Doctors say that we need to exercise for thirty minutes five times a week. We can exercise by playing a sport, like football. We can also exercise by playing games like tag and stuck in the mud. How did you get your exercise last week?!



30 mins
exercise
3-5
times a week



1 hour
exercise
every day

Different Types of Exercise

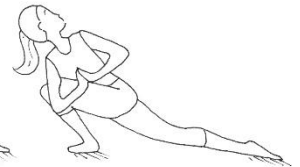
Sports like running, swimming, cycling, karate and judo all count as exercise too. There are more ways to keep active and fit. You can also keep fit by walking up the stairs instead of going in the lift or walking to the shops.



gets heart racing



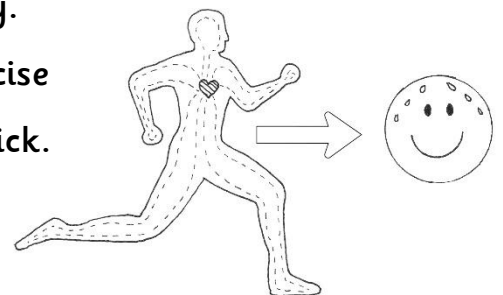
strength



flexibility

Effects on The Body

Our body sweats when we exercise. This is how we keep cool. It is very important that we drink lots of water when we exercise. We get out of breath when we exercise. This is because our heart beats faster. When our heart beats faster blood goes around our body more quickly. Exercising keeps our muscles and bones healthy. Exercise can also help fight diseases and stop people getting sick.



Megan Dunsby

Keeping Fit and Active

1. How many times do we need to exercise a week to stay fit and healthy? (AF2)

2. Which of these doesn't count as exercise? (AF3)
 - a. swimming
 - b. tennis
 - c. walking
 - d. cooking

3. Why is it important to drink water after exercising? (AF2)

4. Write down how much exercise you did last week. Do you think it was enough? (AF3)

5. Other than exercise, can you think of one other way we can stay fit and healthy? (AF7)

Keeping Fit and Active

1. How many times do we need to exercise a week to stay fit and healthy? (AF2) **Between 3 and 5**
2. Which of these doesn't count as exercise? (AF3)
 - a. swimming
 - b. tennis
 - c. walking
 - d. **cooking**
3. Why is it important to drink water after exercising? (AF2) **So that our body can recover.**
4. Write down how much exercise you did last week. Do you think it was enough? (AF3) **Various answers if justified.**
5. Other than exercise, can you think of one other way we can stay fit and healthy? (AF7) **Various answers: eating fruit and veg or a well balanced diet etc.**