

*WALT: understand the importance of exercise*

Success Criteria:

- I can give reasons why people need to exercise
- I can name the effects that exercise has on the body
- I can create a poster explaining the importance of exercise

Star  
Words

exercise

healthy

muscles



*What is exercise?*

*Exercise is a physical activity. You are exercising all the time without 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 - all count as exercise!*



*What kind of exercise do you like doing?*



*What kind of exercise would you like to learn?*



*Do you exercise everyday?*



*Have a go at this exercise video!*



(search: [5 minute move kids work out 1 the body coach](#))



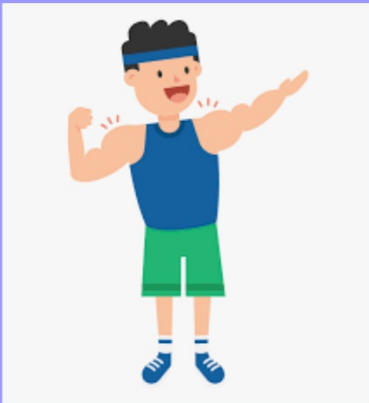
*How do you feel after you have finished the workout?*



## *Why is exercise important?*

### *1. Exercise makes your heart happy!*

*The heart is a muscle, it works hard pumping blood every day of your life. You can help this important muscle get stronger by exercising!*



### *2. Exercise strengthens muscles!*

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

### **3. Exercise makes you feel good!**

*Exercising can put you in a better mood. When you exercise, your brain releases a chemical which may make you feel happier!*



### **4. Exercise makes you flexible!**

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

### **5. Exercise can help you feel less worried!**

*Exercise can be used to combat stress and make you feel more relaxed.*



*Children should be doing at least 60 minutes of exercise a day!  
That sounds like a lot, but don't forget lots of things you do for  
fun counts as exercise.*



*What exercise have you done today?*



*What other exercise are you going to do to make sure  
you have done at least 60 minutes?*



*Can you create your own poster explaining to children in Year 1 why it is important that you exercise? You may also want to include suggestions about the type of exercises that you can do!*

**Remember:**

- 1. Exercise makes your heart happy*
- 2. Exercise strengthens your muscles*
- 3. Exercise makes you feel good*
- 4. Exercise makes you more flexible*
- 5. Exercise can make you feel less worried.*



