L.O. I can make healthy choices about sleep and exercise.

Why do we exercise?

What does it do to our bodies?

Why is it important?

It helps my heart to pump blood and oxygen round our bodies.

What does sleep do to our bodies?

Why is it important?

True or False

If we do exercise we don't' have to eat healthy food

If we don't exercise our muscles won't be as strong.

If we sleep badly, we will be able to concentrate at school

If we sleep well, we will be healthier than if we do not.

Exercise

What happens when we exercise?

Now we ar going to do a little experiment.

We are going to do star jumps for two minutes.

What do you think will happen?

https://www.online-stopwatch.com/countdown-clock/full-screen/

Now sit down with your hand on your heart.

What can you feel?

How fast is your heart beating?

\hoe hard is it working?

What is the difference?

Do you notice anything els?

Exercising helps to keep your brain healthy.

Your heart pumps blood to your brain as well as the rest of your body.

What is my heart doing to help my brain?

It gives you happy chemicals

It helps you learn and remember

When we exercise; our bodies gradually get stronger; Athelete trin for year to increase thier strenght.

Exercise might not make your body feel better straight away but it will still make your body healthier in the long run.

What do you think might happen if we don't exercise?

feel tired all the time

put on weight

feel sad

feel achy and stiff

How can you exercise?

In 2 minutes how many different types of exercise can you find ?



between two and four hours per night

Sleep

How much sleep do you need each night?

between two and four hours per night

a) between 2 to 4 hours every night

b) between 10 to 12 hours every night

c) between 5 to seven hours every night

What do you think might happen if you don't get enough sleep?

You might;

have problems with friendships

forget things

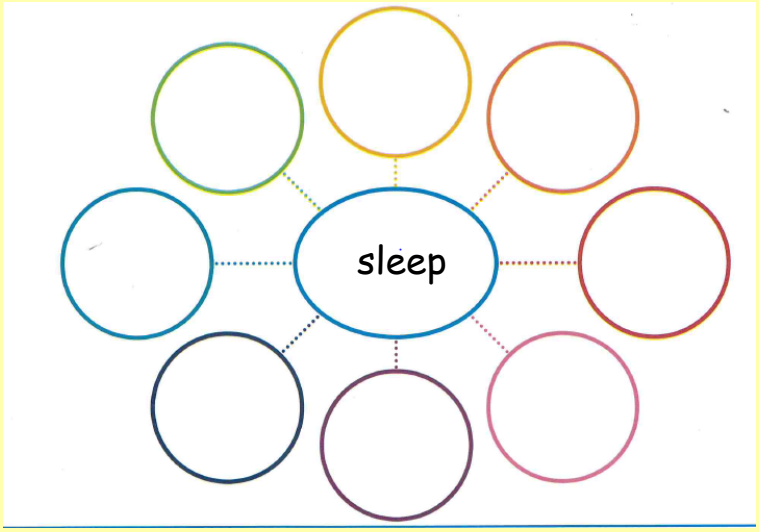
fell grumpy and annoyed

find it difficult to learn

Having enough sleep helps you;

- concentrate on your leaning
- feel happy
- enjoy being with your friends

What do you need to get a good nights sleep?



darkness screen time every evenijg

a regular time for going to bed and getting up

quiet

doing homework just before bedtime

a bedtime routine ie a bath or story before bed

Tell the person next to you one change you could make to your sleep of exercise?

In pairs we are going to a list of fun ways we can exercise and things we can do to help us get to sleep.

1 person looks at exercise

1 person looks at sleep

Be creative !

How many things can you think of!