This term we will be exploring...

How can we keep healthy as we grow?

We are going to move on now to healthy lifestyles.

What are the three main components for living a healthy lifestyle?

Food



Exercise



Sleep

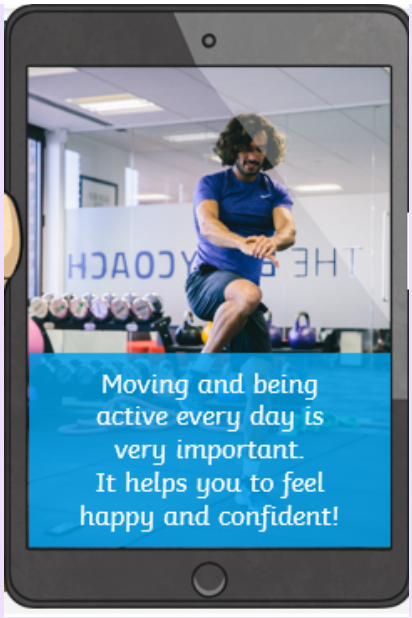


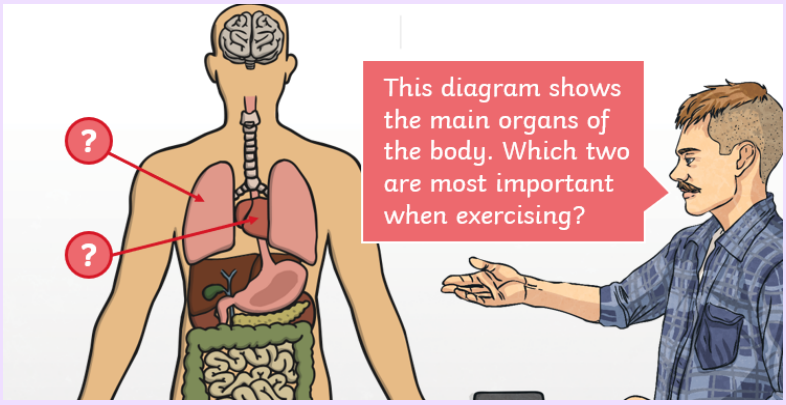
This week we will be focusing on exercise.

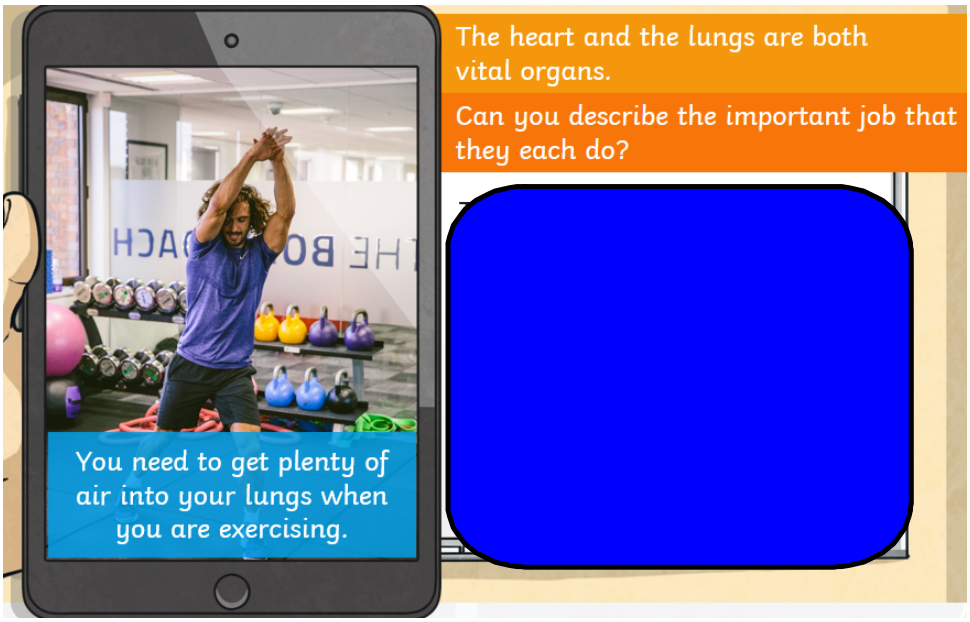
https://www.bbc.co.uk/bitesize/clips/zm29wmn



Why do we need exercise?


Moving and being active every day is very important. It helps you to feel happy and confident!

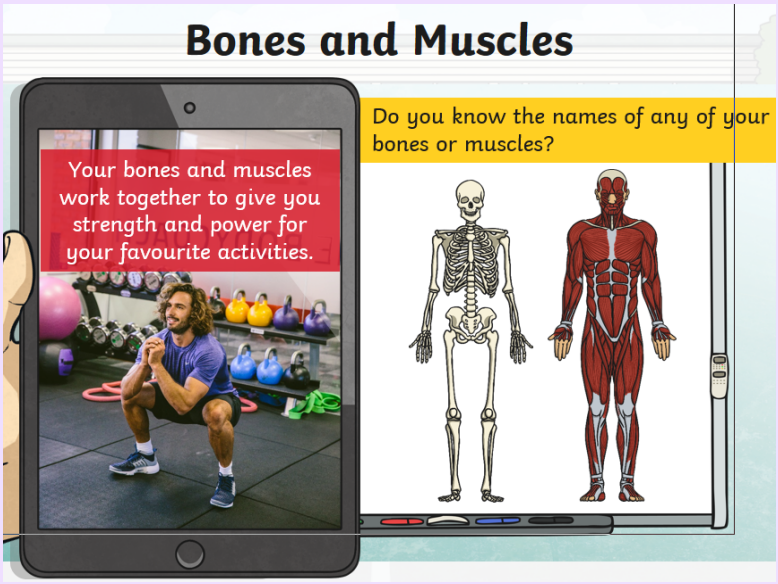

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This diagram shows the main organs of the body. Which two are most important when exercising?


You need to get plenty of air into your lungs when you are exercising.
The heart and the lungs are both vital organs.
Can you describe the important job that they each do?

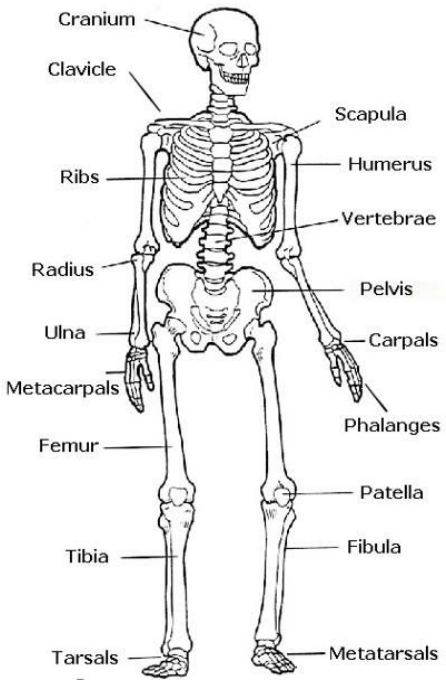
The heart pumps blood around the body to carry oxygen and other important things that the body needs.

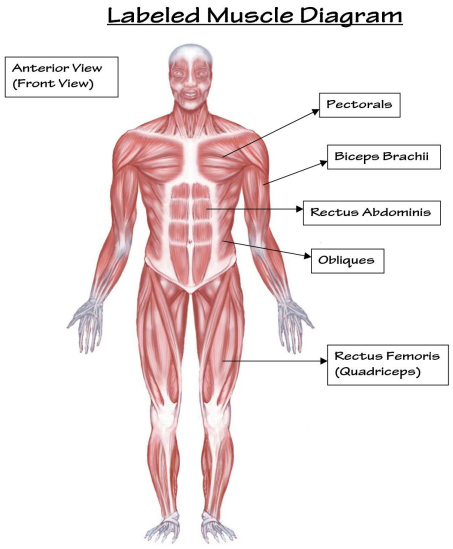


Exercise gets your blood pumping.



Look at the diagrams on the next page. Can you show where they are?


Cranium
Clavicle
Scapula
Ribs
Humerus
Vertebrae
Radius
Pelvis
Ulna
Carpals
Metacarpals
Phalanges
Femur
Patella
Fibula
Tibia
Tarsals
Metatarsals


Labeled Muscle Diagram
Anterior View
(Front View)
Pectorals
Biceps Brachii
Rectus Abdominis
Obliques
Rectus Femoris
(Quadriceps)



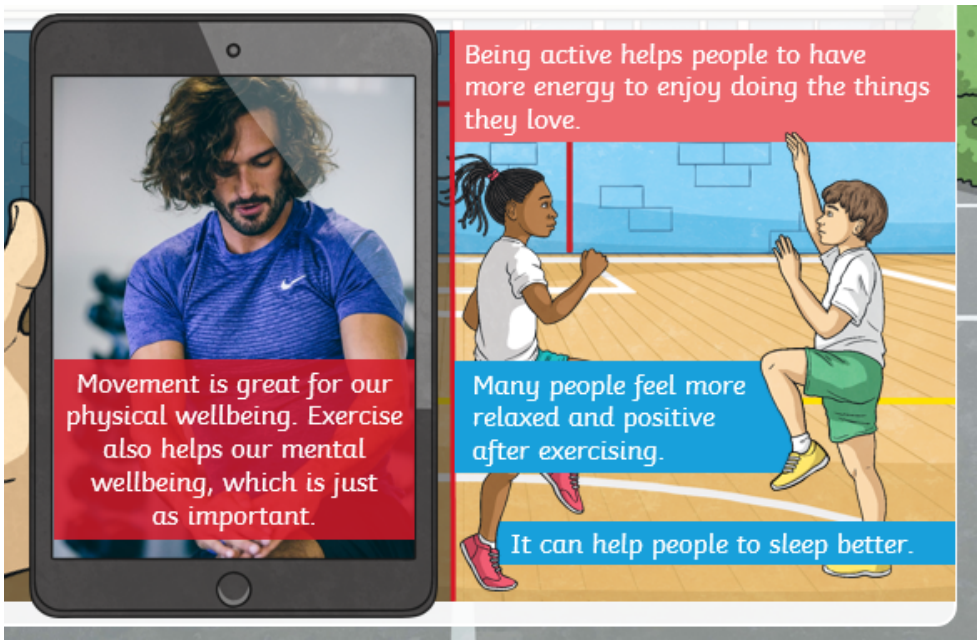
When the heart beats faster, it pumps more oxygen to the brain.

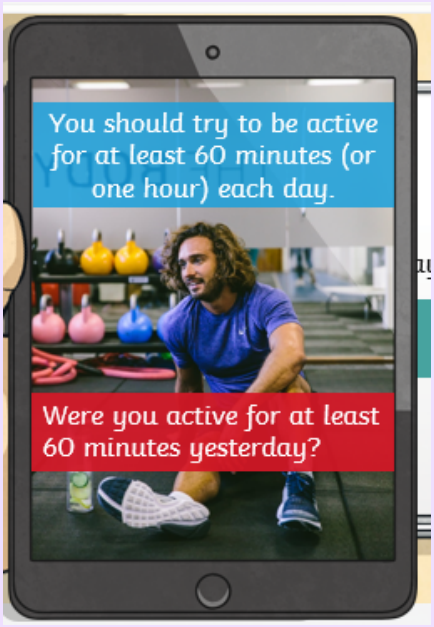
Movement helps people to concentrate better.

Exercise can also help to improve learning.



Source: UK Chief Medical Officers' Physical Activity Guidlines


Movement is great for our physical wellbeing. Exercise also helps our mental wellbeing, which is just as important.
Being active helps people to have more energy to enjoy doing the things they love.
Many people feel more relaxed and positive after exercising.
It can help people to sleep better.



Think about a typical week. What different physical activities do you do?
Make a grid on your paper to help you add up your active minutes.

	Before School	At School	After School
Monday	*Walk to school 20 mins*	*PE 50 mins* *Playtime 2 x 15 mins*	*Walk home 20 mins* *Dance class 45 mins*
Tuesday			
Wednesday			
Thursday			
Friday			
	Morning	**Afternoon**	**Evening**
Saturday			
Sunday			

Discuss your weekly exercise timetable with your partner.

How could you improve on your exercise?

In PE this week, we will be doing Joe Wick's exercise routines.