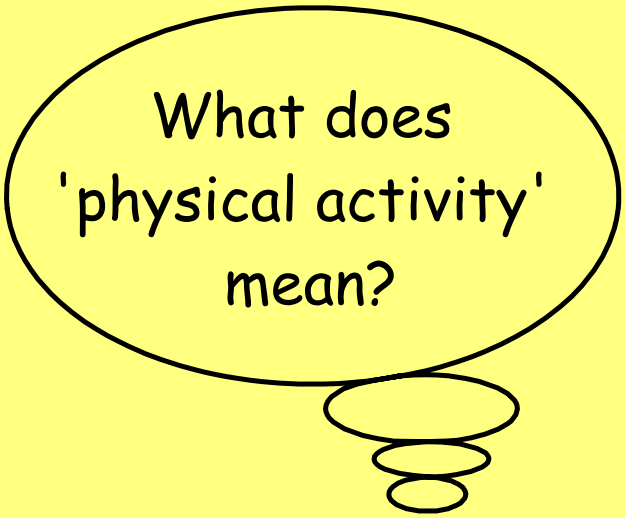
PSHE



LO: To understand how regular physical activity benefits bodies and feelings


What does 'physical activity' mean?

https://www.youtube.com/watch?v=d3LPrhI0v-w



Can you think of some examples of physical activity?





Why is physical activity important for us?

Why is physical activity important for us?

It helps your body maintain overall good health.

It helps build and maintain healthy bones and muscle.

It increases flexibility.

It feels good, if done right.

"Energy In" vs. "Energy Out"

"Energy in" is what we eat and drink. "Energy out" is the physical activity or exercise we do every day.

What do you think happens when we take more energy in than energy out?

Our bodies need energy to properly grow. If we take in more food and drink on a regular basis than our bodies need it is possible for us to gain weight and become unhealthy.

"Energy In" vs. "Energy Out"

Equally, if we don't eat and drink enough, but we do lots of exercise, we can lose weight, and this isn't always a good thing. If we lose too much weight, we can become unhealthy and weak.

It is important to have a balance between the food and drink we take in, and the energy we use.

Can you write a short paragraph explaining why we need to do physical activity every day?