

Today we will learn...

- ✓ What fitness is
- ✓ Why we need to keep it
- ✓ How we can maintain our fitness





CHARLIE
COMMUNICATION

Words and
phrases I will
hear and use

Healthy
body

Oxygen

Exercise

Muscles

Heart
Rate

Fitness

Strength

Flexible

Activity

What do we mean by fitness?

- The condition of being physically fit and healthy.
- Having strong muscles and bones.
- Keeping our hearts, lungs and other body organs healthy.
- Doing exercise and keeping active, e.g. jogging, rowing, jumping rope, swimming or even dancing.
- Resting is as important as exercise.



Discussion questions



- How do you stay fit and active?
- Which physical activities do you like and why?
- How does being active make you feel?



Fit quiz

1. List three things you can do to be physically fit.
2. True or false: Exercise is a kind of activity that requires oxygen?
3. If you eat more calories than your body needs, it may be stored as excess _____
4. Sweat leaves your skin through tiny holes called _____
5. List two activities that can build strong muscles:
6. True or false: Exercise helps keep your heart healthy?
7. True or false: Exercise strengthens muscles?
8. True or false: Exercise makes you flexible?
9. True or false: Exercise makes you feel good?
10. True or false: Young people shouldn't exercise or be active every day?

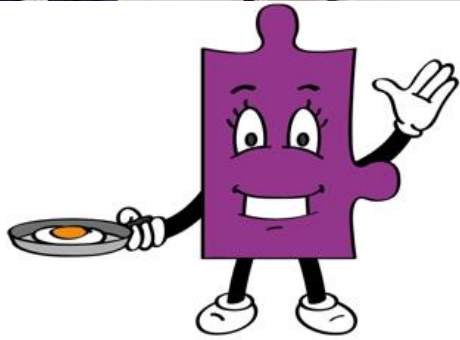
Fit quiz answers

1. List three things you can do to be physically fit – **SWIM, RUN, SKIP, CYCLE, DANCE, GYM, ETC**
2. True or false: Exercise is a kind of activity that requires oxygen? **TRUE**
3. If you eat more calories than your body needs, it may be stored as excess **FAT**
4. Sweat leaves your skin through tiny holes called **PORES**
5. List two activities that can build strong muscles: **PRESS UPS, SQUATS, ETC.**
6. True or false: Exercise helps keep your heart healthy? **TRUE**
7. True or false: Exercise strengthens muscles? **TRUE**
8. True or false: Exercise makes you flexible? **TRUE**
9. True or false: Exercise makes you feel good? **TRUE**
10. True or false: Young people shouldn't exercise or be active every day? **FALSE**

Understanding exercise



- When muscles are doing more work they need more oxygen.
- To get more blood to the muscles, **the heart** beats faster and our **heart rate** or **pulse rate** increases.
- Izzy is going to help us **measure** our pulse rates.



IZZY
INITIATIVE

Activity: Measuring pulse rate

1. Locate your pulse on your wrist or neck.
2. Count the number of beats in 15 seconds.
3. Multiply this by 60 seconds.
4. This is how many times your heart beats per minute.
5. Let's jump up and down for 2 minutes.
6. Now let's re -measure our pulse.



Average beats per minute

4-5 years	80-120 beats per min
6-8 years	70-115 beats per min
9-11 years	60-110 beats per min

What are your favourite activities?

TASK:

- Choose one of your favourite activities.
- Describe some of the movements you do in your chosen activity, e.g. playing football – you need to run, kick and tackle.
- Can you think of any physical activities or exercises that would help you improve your chosen activity?



How much fitness?

To stay healthy or to improve health, young people need to do three types of physical activity each week:

- aerobic exercise.
- exercises to strengthen their bones.
- exercises to strengthen their muscles.



Types of fitness

- At least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis.
- On three days a week, these activities should involve exercises for strong muscles and bones, such as swinging on playground equipment, hopping and skipping, and sports such as gymnastics or tennis.

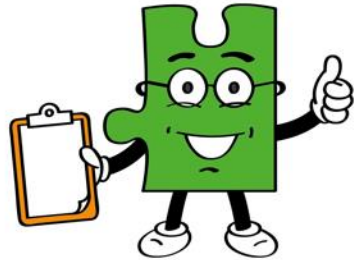


GROUP TASK: Keeping fit

- Write down all the different ways you could keep each body part fit and healthy (arms, legs, stomach, heart and lungs, back, etc.).



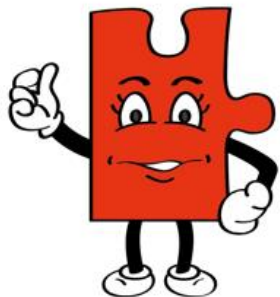
TASK: Fitness circuit



OLLY
ORGANISATION

Design a circuit of fitness activities which you could do at home.

Think of any equipment you could use, or be creative, e.g. using tin cans or bottles of water for weights.



LAURA
LEADERSHIP



Discussion questions

- You know you feel great after a bike ride, but why?
- What does exercise actually do for your body?
- What could happen if you don't lead a healthy and active lifestyle?



Design a poster showing all the benefits that physical activity can have on your mind and body.



CHARLIE
COMMUNICATION

