

Summer 2 week 5 week beginning 29.6.20

WALT – Explain why we need to exercise.
Explain different ways that we can exercise.

Exercise

Task 1

Why do we need to exercise?

Read through the presentation Why do we need to exercise?

1. Complete each of the exercises below for 30 seconds. After each one record your pulse (heartrate) and list the muscles and bones (if you can!) that you think you used the most in each exercise.

Exercise	Pulse	Bones	Muscles
Press ups			
Squats			
Sit ups			
Star jumps			

2. Read the passage underneath and complete the blank spaces using the following words

blood	lungs	learn	heart	oxygen	relaxed
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When we exercise our heart and lungs work harder to deliver the that our muscles need. The pumps the around the body and the breathe in air which contains oxygen.

Exercise makes our bodies fitter and healthier but it can also make us feel more and positive. Our brains work better when there is more oxygen flowing around our body so exercise helps us to too!

Task 2 - Exercise Challenge

How many different types of exercise can you do this week?

At your age you should aim to do about 60 minutes of exercise a day. While we are at home we might not be able to take part in all our normal sports and activities like swimming but there are still lots of things that we can do to keep fit. This week can you keep a record of all the different exercises that you do? You could draw a picture or take a photo of you doing each one.

You could try:

- Running
- Walking the dog
- Riding a bike or scooter
- Keep fit video
- Dancing to your favourite music
- Roller skating
- Create an obstacle course in your garden
- Football skills
- Skipping



You could also continue with the challenges from the Sheffield Virtual School Games that was launched last week.

<https://sites.google.com/view/sheffschools/home>

