

Keeping Fit and Active

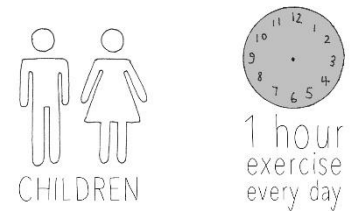
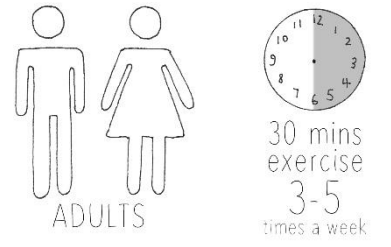
Why Exercise?

People need to do exercise. In the past people would exercise by Hunting or fighting battles. They would build their own homes and find their own water. This meant they were very fit and healthy. Life was much harder for them so they were very fit and active. Even though we don't need to hunt or fight battles anymore, we still need to exercise!



How Much Exercise?

Doctors say that we need to exercise for thirty minutes, five times a week. We can exercise by playing a sport, like football. We can also exercise by playing games like tag and stuck in the mud. Did you get enough exercise last week?! Athletes train in their sport for six hours everyday – luckily we don't need to do that much exercise!



Different Types of Exercise

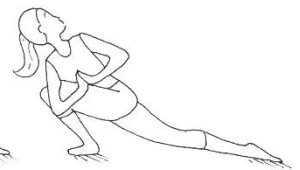
There are lots of ways to get exercise. Sports like running, swimming, cycling, karate and judo all count as exercise too. There are even more ways to keep active and fit. You can walk up the stairs instead of going in the lift or walk to the shops. All of these activities make us more healthy.



gets heart racing



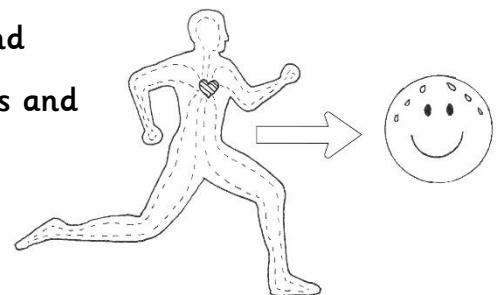
strength



flexibility

Effects on the Body

Our body sweats when we exercise. This is how we keep cool. Because we sweat it is very important that we drink lots of water when we exercise. We get out of breath when we exercise. This is because our heart beats faster. When our heart beats faster blood goes around our body more quickly. This means our muscles and bones stay healthy. Exercise can also help to fight diseases and can stop people getting sick.



Megan Dunsby

Keeping Fit and Active

1. How many times do we need to exercise a week to stay fit and healthy? (AF2)
2. Which of these doesn't count as exercise? (AF3)
 - a. swimming
 - b. tennis
 - c. walking
 - d. cooking
3. Why is it important to drink water after exercising? (AF2)
4. Write down how much exercise you did last week. Do you think it was enough? (AF3)
5. Other than exercise, can you think of one other way we can stay fit and healthy? (AF7)
6. Can you think of one adjective to describe how you feel while exercising? (AF5)
7. How do you feel about exercising after reading this passage? Why? (AF3)

Keeping Fit and Active

1. How many times do we need to exercise a week to stay fit and healthy? (AF2)
Between 3 and 5.
2. Which of these doesn't count as exercise? (AF3)
 - a. swimming
 - b. tennis
 - c. walking
 - d. cooking**
3. Why is it important to drink water after exercising? (AF2) **So that our body can recover after it has been sweating.**
4. Write down how much exercise you did last week. Do you think it was enough? (AF3) **Various answers if justified.**
5. Other than exercise, can you think of one other way we can stay fit and healthy? (AF7) **Various answers: eating fruit and veg or a well balanced diet etc.**
6. Can you think of one adjective to describe how you feel while exercising? (AF5)
Various answers: tired, healthy, focussed etc.
7. How do you feel about exercising after reading this passage? Why? (AF3)
Various answers if justified.