

Staying Healthy

How can we stay healthy?

Being healthy is all about looking after your body and your mind. There are many things you can do to stay healthy, including:

- being active and exercising;
- spending time with friends and family;
- eating a balanced **diet**;
- having good hygiene;
- getting enough sleep;
- doing activities that you enjoy;
- drinking plenty of water.

Get Set, Go!

Being active and exercising keeps our bodies and minds healthy.

Exercise keeps our bodies healthy, especially our heart, lungs, bones and **muscles**.

Exercise helps our brain. It improves our concentration which is great for learning!

Being active is good for our minds - it makes us feel happy!

Exercise is fun, especially together with friends and family.



How to Be Active

You should aim to exercise for at least an hour every day. This can be spread throughout the whole day, so if you haven't moved much for a while it is good to get up and be active.

Being active can be a part of your everyday routine. Things like walking to school, dancing to your favourite songs and playing at the park are all great things you can do.

You should try to include a variety of different types of activities across the week. There are lots of fun activities to choose from!



trampolining



basketball



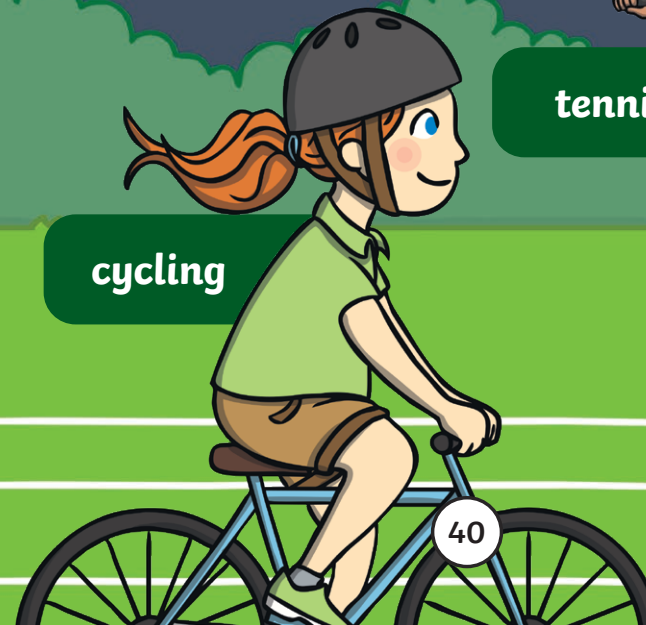
swimming



running



football



cycling



tennis

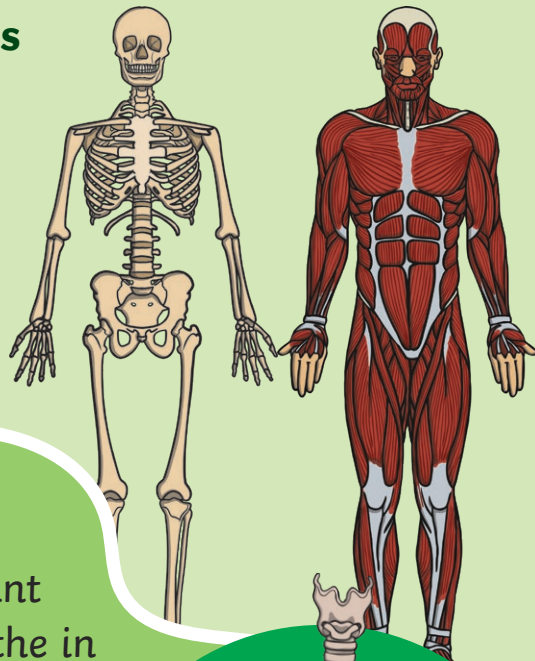
What happens to your body when you exercise?

When you are active, you should find your breathing gets faster and you feel warmer. Your **heart rate** will also increase. There's lots going on inside your body and exercise helps keep all these parts healthy too.

Skeleton and Muscles

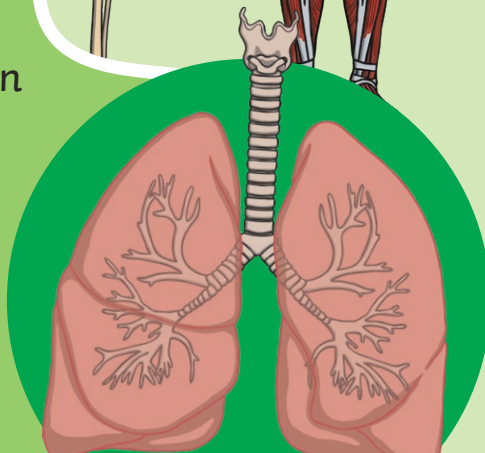
Your **skeleton** and **muscles** work together to help you move. Exercise helps make your bones and **muscles** stronger.

Skeleton **Muscles**



Lungs

Your lungs are important for breathing. We breathe in **oxygen** in the air, which is essential for our bodies to survive. Exercise helps our lungs work better.

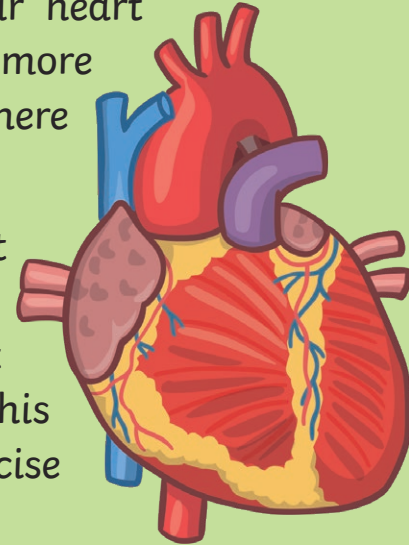


41

Heart

From your lungs, **oxygen** moves into your blood and is pumped around the body by your heart. When you exercise, your heart beats faster, partly to deliver more **oxygen** around your body to where it is needed.

The heart is a **muscle** and it works hard night and day to keep you alive. This is why it is so important that we keep this **muscle** strong and healthy. Exercise helps us to do this!



The number of times your heart beats in a minute is called your **pulse**.

Find your **pulse** in your neck or wrist before you do any activity. Count how many beats your heart does in one minute.

Try repeating this after you have done some exercise.

What do you notice?

42



Investigating Exercise

To test the effects of exercise on the human body.



With a partner, cut out the activities and read each one. Do you think it would make your heart rate faster or not if you did it for 30 seconds? Stick each activity onto the correct place in the table.

Would make my heart rate faster	Would not make my heart rate faster

touch
your toes



run on
the spot



tap your nose



star jumps



lunges



sit down
and stand up



hop on
the spot



balance on
one leg



jump on
the spot



tap your
shoulders



touch your
head then
your shoulders



stretch each
arm above
your head



make circles
with your
arms



tap each toe
on the floor



wiggle
your fingers



Investigating Exercise

To test the effects of exercise on the human body.



With a partner, cut out the activities and read each one. Do you think it would make your heart rate faster or not if you did it for 30 seconds? Stick each activity onto the correct place in the table.

Would make my heart rate faster	Would not make my heart rate faster

touch
your toes



run on
the spot



tap your nose



star jumps



lunges



sit down
and stand up



hop on
the spot



balance on
one leg



jump on
the spot



tap your
shoulders



touch your
head then
your shoulders



stretch each
arm above
your head



make circles
with your
arms



tap each toe
on the floor



wiggle
your fingers





Lucy's Gym

Sheffield

Hi! My name is Lucy and I work in a local gym and sports centre as a gym instructor.

I've got a problem though. Over the last few months, I've noticed that less and less children are coming to take part in our holiday sports camps, weekend activities and swimming lessons, but the problem doesn't stop there! Our adult classes have become much quieter too and very few people keep up with their weekly exercises.

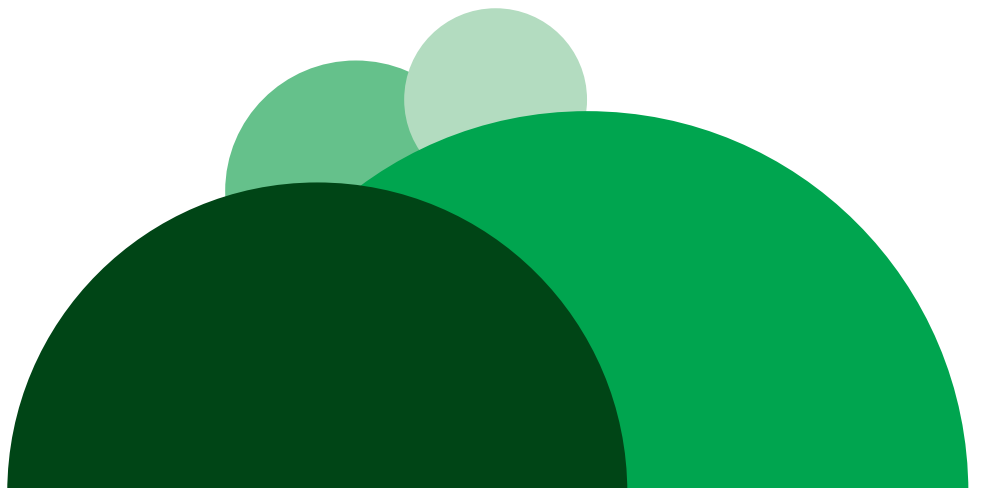
I need your help! Please can you find a way to encourage adults and children to start exercising?

Can you think of a way to tell them why they should exercise, what happens if they don't exercise and what sort of exercise they could do?

I've heard all about your class and how creative you are, so I'm sure you will do a brilliant job! I'll look forward to seeing what you come up with!

Many thanks,

Lucy



What Do You Think Will Happen? (Making Predictions)

To test the effects of exercise on the human body.

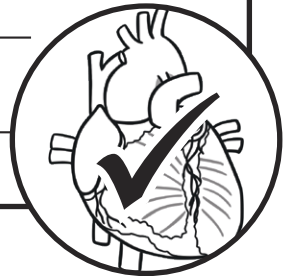


Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

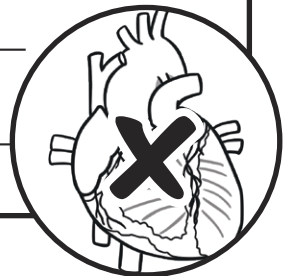
I think _____ would make my heart rate faster

because _____



I think _____ would not make my heart rate faster

because _____



Word Bank

heart rate

harder

legs

energy

fast

more

arms

warmer

slow

less

body

breathe

easier

movement

tired

faster/slower

What Do You Think Will Happen? (Making Predictions)

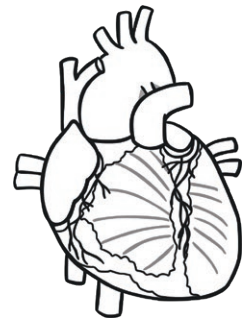
To test the effects of exercise on the human body.



Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

Handwriting practice area with 12 horizontal lines for writing an answer.



Word Bank

heart rate

harder

legs

energy

fast

more

arms

warmer

slow

less

body

breathe

easier

movement

tired

faster/slower

What Do You Think Will Happen? (Making Predictions)

To test the effects of exercise on the human body.

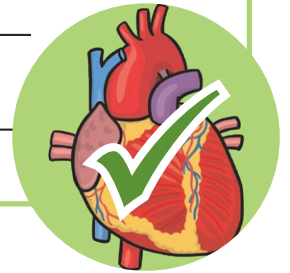


Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

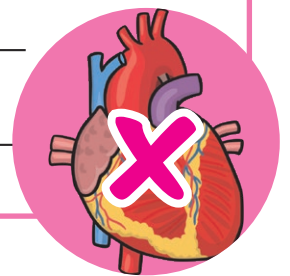
I think _____ would make my heart rate faster

because _____



I think _____ would not make my heart rate faster

because _____



Word Bank

heart rate

harder

legs

energy

fast

more

arms

warmer

slow

less

body

breathe

easier

movement

tired

faster/slower

What Do You Think Will Happen? (Making Predictions)

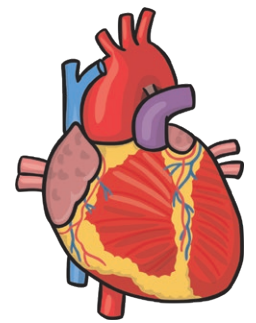
To test the effects of exercise on the human body.



Can you explain why you think your chosen activities **would** or **would not** make your heart rate faster?

You can use the word bank at the bottom of the page to help you.

Handwriting practice area with 12 horizontal lines. An illustration of a human heart is located in the bottom right corner of this section.



Word Bank

heart rate	harder	legs	energy
fast	more	arms	warmer
slow	less	body	breathe
easier	movement	tired	faster/slower

Mariam is thinking about how we feel after exercising.



I think that running for two minutes will affect my body more than doing star jumps for two minutes.

Do you think she is right? Why or why not?

How could she find out if she is right?

What might she observe (notice)?

Mariam is thinking about how we feel after exercising.



I think that running for two minutes will affect my body more than doing star jumps for two minutes.

Do you think she is right? Why or why not?

How could she find out if she is right?

What might she observe (notice)?

Reasoning Card 5

Do you think she is right? Why or why not?

Answers may vary. It could be argued that both are exercises of a similar intensity so her body could feel similar after both (this is why it would be important to test to find out). Children may also relate to their own experiences of how they have felt after these different exercises.

How could she find out if she is right?

Answers should relate to carrying out both exercises for the same amount of time. Children may reference a rest between each exercise. She could measure her pulse rate (children may even note that she could take her pulse before she started to compare the difference).

What might she observe (notice)?

She might observe (notice) that she feels tired, that she is out of breath or her breathing gets faster, that she feels warmer, that she is sweating and that she feels thirsty.