

# Disclaimer/s

We hope you find the information on our website and resources useful.

## Animations

This resource has been designed with animations to make it as fun and engaging as possible. To view the content in the correct formatting, please view the PowerPoint in 'slide show mode'. This takes you from desktop to presentation mode. If you view the slides out of 'slide show mode', you may find that some of the text and images overlap each other and/or are difficult to read.

To enter slide show mode, go to the **slide show menu tab** and select either **from beginning** or **from current slide**.



# Science

## Animals Including Humans

# Animals Including Humans

## The Benefits of Exercise



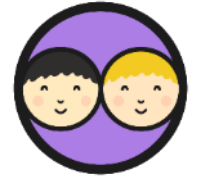
## Aim

- To understand that regular exercise is important for a healthy body.

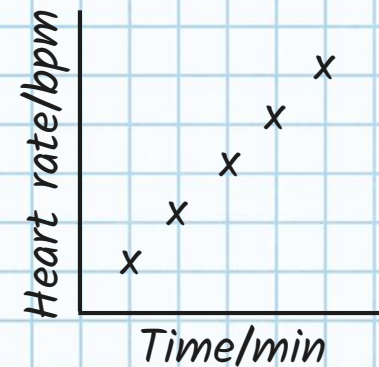
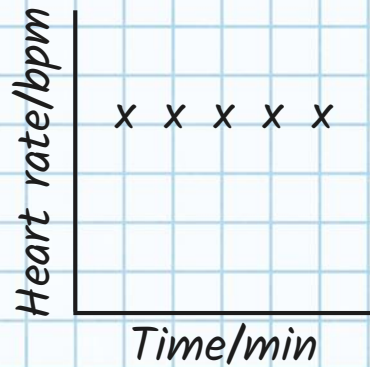
## Success Criteria

- I can state the benefits of exercise.
- I can conduct a survey to find the favourite forms of exercise in my class.
- I can explain the importance of exercise and its impact on the body.

# Remember It



Can you recall your resting heart rate from last lesson?



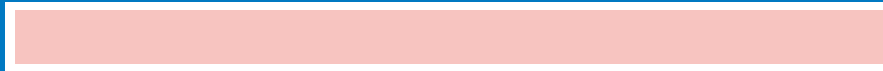
Which graph best represents what happened to your heart rate after exercise?

# Exercise



On your mini whiteboards, write down as many sports and ways to exercise as you can think of.

You have one minute.



# Exercise

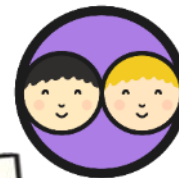


How many exercise activities did you think of?  
There are a lot of ways to exercise, so why is it so important  
and popular?



Look at your **Knowledge Organiser**.  
Can you find the reasons why exercise is important?

# Exercise



Exercise is very good for us.

It can:

- strengthen muscles, including the heart muscle;
- improve circulation;
- increase the amount of oxygen around the body;
- release brain chemicals which help you feel calm and relaxed;
- help you sleep more easily;
- strengthen bones.



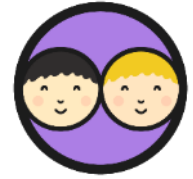
X

Can you state the benefits of exercise?



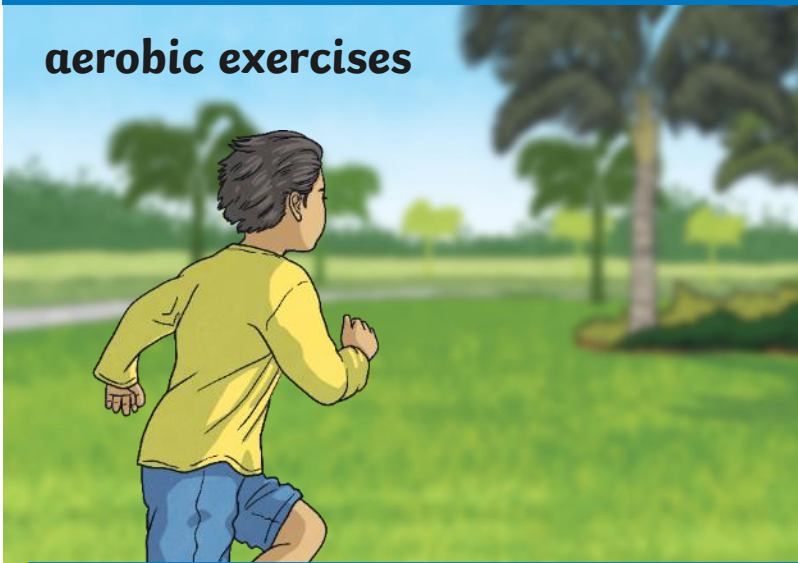


# Exercise



Government experts tell us that young people aged 5 to 18 years old need to do two different types of exercise to stay healthy:

**aerobic exercises**



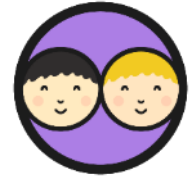
**strengthening exercises**



Most schools provide at least **two hours** of PE each week for pupils between the ages of 5 and 14. How much PE do you at your school?

Find out more on the NHS website **here**.

# Which Is the Most Popular Sport in Your Class?



In pairs, you are going to complete a survey to discover which is the most popular exercise in your class.

Exercise	Tally	Total

of aerobic and  
column of the

Which of your options do you think will be the most popular?



Now, ask your classmates and complete your tally.

# Which Is the Most Popular Sport in Your Class?



Think about your results and complete the questions on the **What Is Our Favourite Exercise? Activity Sheet**.

Then, use your results and knowledge to help persuade your headteacher or school council to start up a new exercise club.

## What Is Our Favourite Exercise?

To understand that regular exercise is important for a healthy body.



1. Which is the most popular exercise in your class? Why do you think this is?

\_\_\_\_\_ was the most popular exercise.

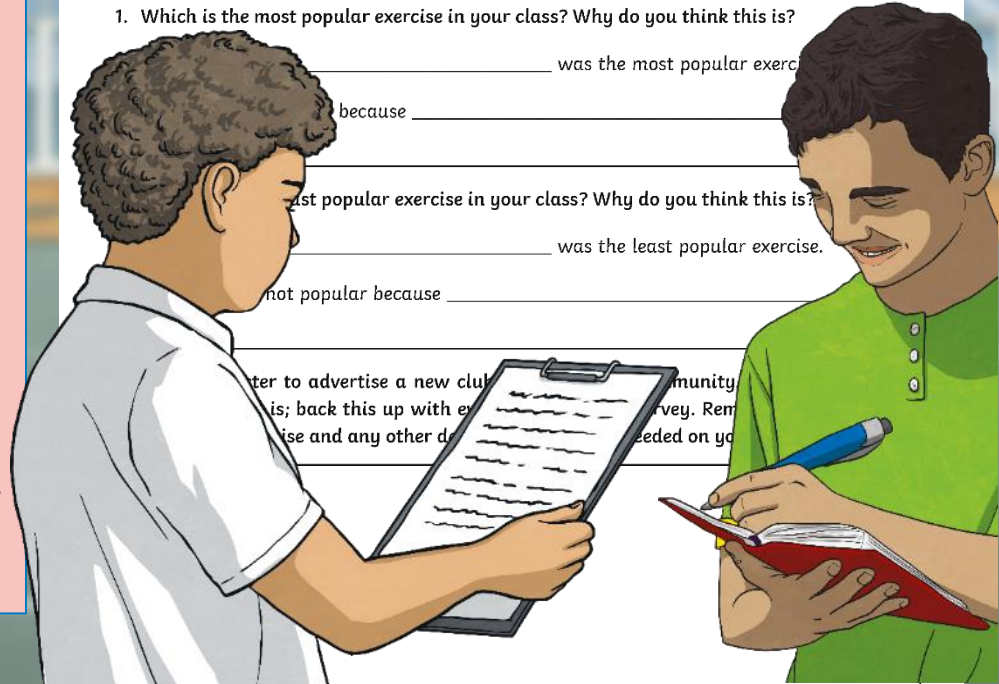
\_\_\_\_\_ because \_\_\_\_\_.

Which is the least popular exercise in your class? Why do you think this is?

\_\_\_\_\_ was the least popular exercise.

\_\_\_\_\_ not popular because \_\_\_\_\_.

Write a letter to advertise a new club in your school. Use the information on the activity sheet to help you. Remember to back this up with evidence from your survey. Remember to use persuasive language and any other details you think are needed on your letter.

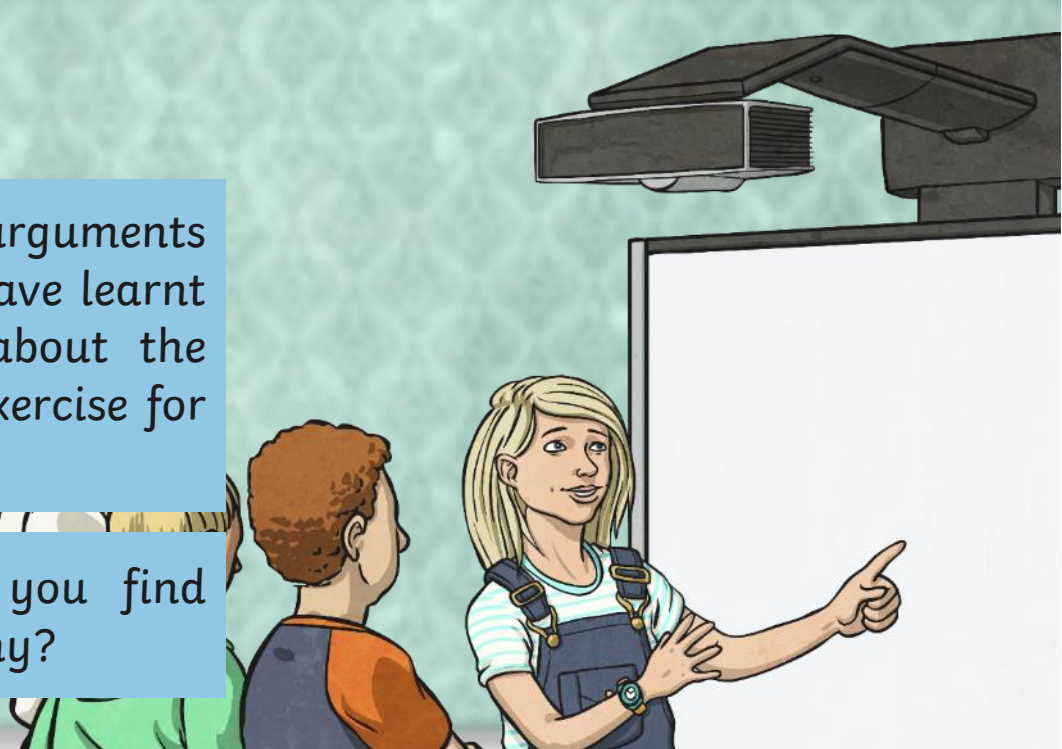


# Persuade Me!



Share your persuasive arguments and discuss what you have learnt from the survey and about the importance of regular exercise for a healthy body.

Which arguments did you find the most persuasive? Why?



X

Can you explain the importance of exercise and its impact on the body?



## Aim

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