

4: Exercise

What do we need to stay healthy?

We need exercise to stay healthy.

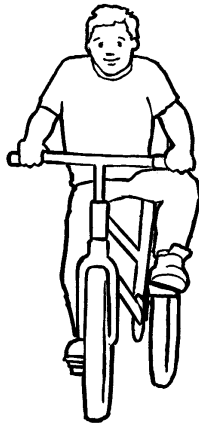
We need to use our muscles.

With your teacher, try some of the activities in the list on the next page.

Which parts of your body did you use most?

Draw lines from the parts of the body to the activity to show which part of the body is being used.

4: Exercise



Running

Jumping

Skipping

Hopping

Swimming



Playing Football

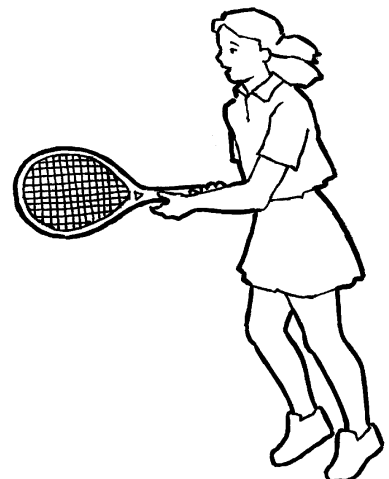
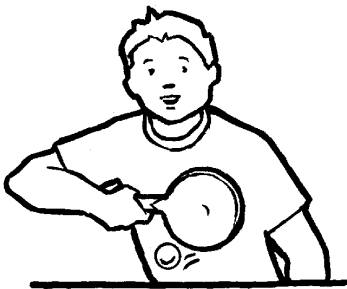
Playing Netball

Using apparatus in the hall

Playing Tennis

Playing Table Tennis

Cycling



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Fill in the blank spaces

Choose a word from the list

happy excited puffed out tired

hungry thirsty hot excited

I feel after swimming

After football I feel

After cycling I feel

I feel after I have been running

I am always after I have been skipping

After hopping I feel

4: Exercise

List all the activities that you do out of school.

The first one is done for you.

1. I go swimming after school.
- 2.
- 3.
- 4.
- 5.