

What is exercise?



WORK YOUR WAY THROUGH THIS POWERPOINT

- Pages with a  include questions for you to answer in your workbooks.
- Answers and helpful hints will be on the following slides so you can mark your work as you go.



What happens to our bodies when we exercise?



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WHAT HAPPENS TO MY BODY DURING EXERCISE?

MY HEART BEATS
FASTER



I BEGIN
TO SWEAT



I GET THIRSTY

MY BODY
TEMP
INCREASES



My brain
produces
endorphins



I BREATHE HARDER

BLOOD FLOW
INCREASES



To My Brain



To My Muscles



INCREASE IN
PRESSURE
TO MY BONES

I get a
tired feeling



It gets difficult to talk

Did you think of all of these?



What activities count as exercise?



Make a list of activities you can think of that would be classed as exercise



Some examples... but you may have thought of even more!

There are lots of different types of exercise that we can do. How many of these have you tried?

walking	netball	gymnastics	swimming
rugby	ice skating	skipping	rowing
hockey	skateboarding	hiking	tennis
running	basketball	dancing	athletics
trampolining	football	push-ups	bowling



Why should we exercise?



Think about how it makes you feel

How does it effect your body?

What longer term effects can it have?

What impact can it have on your body and your mind?



Why should we exercise?

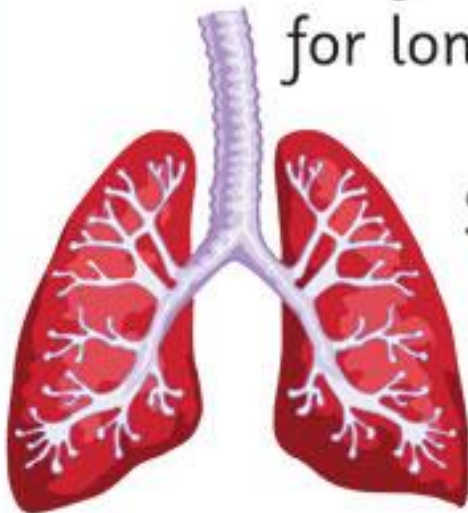
- Stronger heart and lungs
- Improved stamina
- Better control of body fat (keeping internal organs healthy)
- Increases feelings of happiness and decreases worry or stress
- Enables better sleep
- Team sports develop communication skills and helps build new friendships
- Improves coordination and performance skills
- Helps us to concentrate and improves our memory
- We have more energy
- Helps build and maintain healthy bones, joints and muscles



LUNGS AND HEART

Exercise makes your **lungs** and **heart** stronger for increased **energy** and **endurance**.

That means you can play, walk or jog for longer without feeling tired.



So how's about walking the dog?
Or jogging around your local park?



How exercise benefits your whole body.

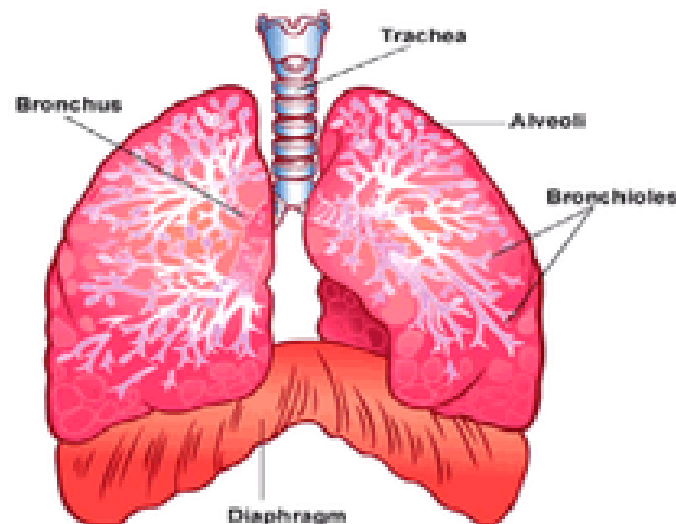


Lungs

The lungs are the organs that help us to breathe. We breathe in air (oxygen) through our nose and mouth.

The oxygen is taken into our lungs making them inflate (get bigger).

The oxygen then travels around your body in the blood stream and is used by the blood cells for energy.





THE BIG HEART EXPLORATION



- When you are running and jumping, or even walking quickly, your body needs more energy, so your heart beats faster to send blood around your body, carrying nutrients (from food) and oxygen (from the air) to provide enough energy.



What impact does exercise have on the heart and lungs?



Why does your heart beat faster when you exercise?

What benefit does exercise have on your heart and lungs?



What happens when we exercise?

- Our muscles need more energy when exercising. This means our muscles need more oxygen.
- We breathe quicker to inhale more oxygen more quickly
- Oxygen is transported around our bodies by our blood so our hearts also have to beat more quickly to transport the oxygen more quickly to our muscles.
- Our heart and lungs work together to give our muscles what they need.



Now try it out



Here is a link to a Joe Wicks workout. Have a go!

<https://www.youtube.com/watch?v=faE7889AIaU>

- Think about how each exercise is helping your body
- Pay close attention to how your body feels before, during and after each exercise
- Identify which muscles are working in each exercise
- Focus on the technique of each exercise- doing each one properly will make sure your muscles are worked properly and avoid injury.

ENJOY!!

