

## Vocabulary

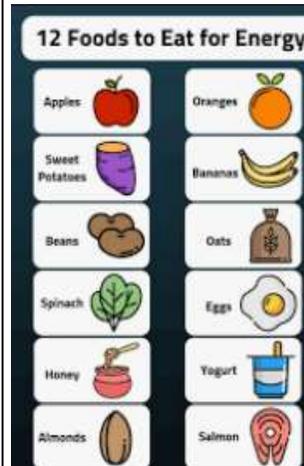
jogging	Running at a steady gentle pace.
sprinting	To run at top speed over a short distance.
acceleration	To get faster.
accuracy	To perform a movement or skill with precision.
muscles	The body tissue that is attached to bones contract and expand to produce movement.
power	The effort required to move the body in exercise or lift/move sporting equipment.
realistic	Personal challenges or goals that you can achieve by working hard.
goals	An aim that you are trying to achieve in sport.
energy	The strength required for sustained physical activity. Energy is provided by your muscles in sports.
sugar	A carbohydrate that provides fuel for the cells in our body.
carbohydrates	Carbohydrates are found in our food. They provide energy for the body during exercise.

## Exercise

- I know exercise keeps me healthy because it helps to make my bones and muscles strong.
- Exercise makes me feel happy with my friends.
- Exercise improves my flexibility, balance and coordination.
- With regular practice I know I will be able to exercise for longer.

## Healthy Eating

I know I need to eat healthy foods to give me energy for exercising. My food contains lots of calories and when I play sports and run around with my friends, my body burns these calories. My food gives me the energy I need to keep to keep going.



## Muscles

Our muscles give us strength to move, in gymnastics, dance, athletics, swimming and games. Muscles use energy from our food and also need oxygen to work well. This is why we eat a healthy diet and breathe faster during exercises.

Our muscles can feel sore whenever they have worked hard. This is completely normal. This is how the muscles gets stronger when we exercise in our PE sessions.

I know I must warm up my body before I exercise to help my muscles improve flexibility and prevent serious damage.

With regular exercising my muscles will hurt less as they get stronger.

Our body is made up of lots of muscles which push and pull our bones to make us move!

