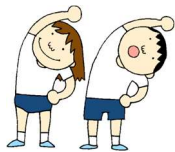


Vocabulary

walking	Moving forward with one foot in front of the other - one foot is always in contact with the ground.
running	Moving at a variety of speeds so that at times both feet are not in contact with the ground.
space	A defined area for game play or the area around a participant.
target	A goal or personal challenge.
healthy	In a good physical and mental condition to take part in exercise.
exercise	Activities that requires physical effort carried out to sustain or improve health and fitness.
diet	Food that we eat each day.



Exercise

I know exercise helps to build and keep my bones and muscles strong.

Exercise makes me feel happy with my friends. Exercise improves my balance.

I know how to use equipment correctly and to keep safe by being aware of others around me.

Exercise and My Body

My heart beats faster when I exercise to pump oxygen to my muscles.



I know the more I exercise the stronger I get so I can run faster and jump higher.



I need to drink more water when I exercise as exercise can make me sweat.



Exercise and Breathing

Our muscles need oxygen to work well so we breathe deeply through our nose when we exercise.

We get out of breath when we exercise because our muscles are working hard. Muscles need more oxygen.

I know I must warm up my muscles before I exercise to prevent injury.

I know I must cool down after my exercises to allow my muscles to gradually recover.

