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Top Tips from Joe Wicks

Why We Need to Exercise



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Aim

- To understand the importance of exercise.

Success Criteria

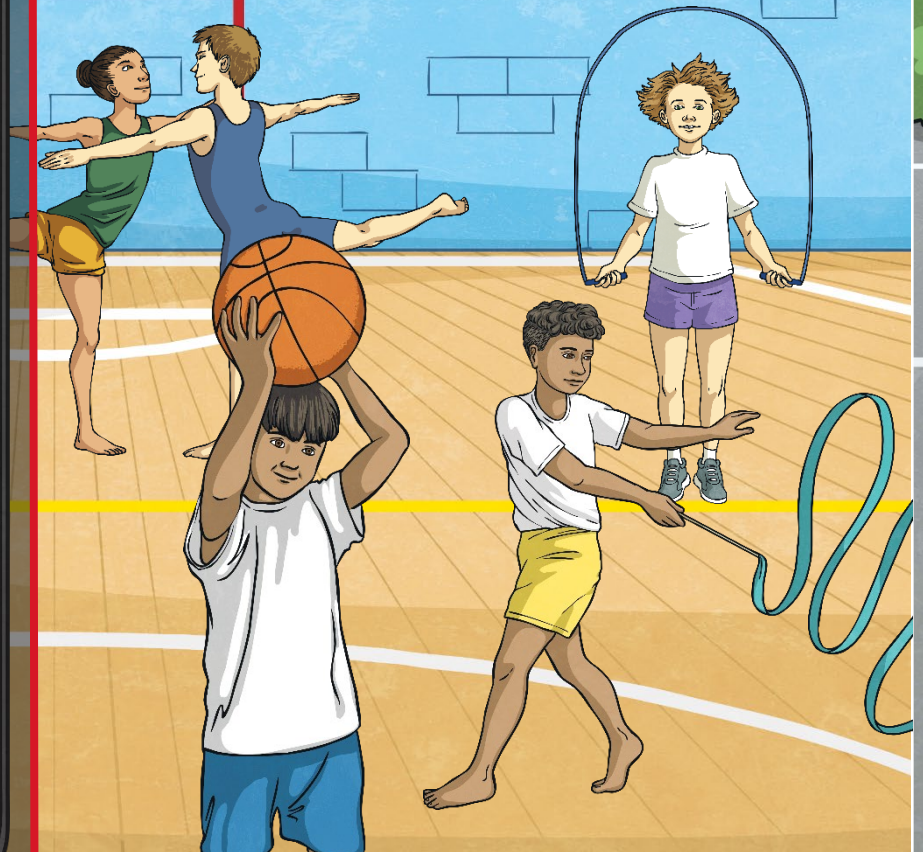
- I can talk about some of the benefits of exercise for my physical and mental wellbeing.
- I understand what is meant by staying healthy and that exercise is part of this.
- I know how much activity I should try to complete each day.
- I can talk about some of the ways that I can be active.

Why We Need to Exercise



Moving and being active every day is very important. It helps you to feel happy and confident!

What are your favourite ways of being active?



Why We Need to Exercise



Moving and being active every day is very important. It helps you to feel happy and confident!

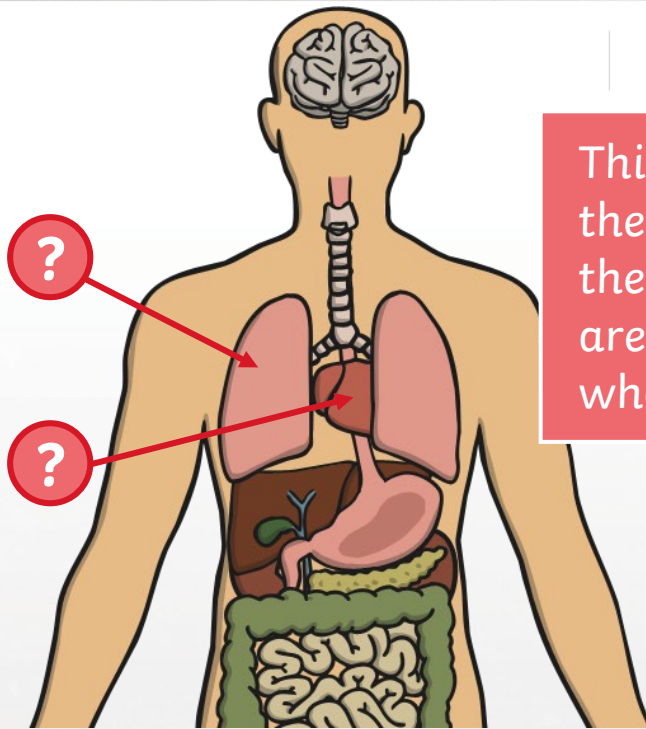
Why do you think exercise is important?

How do you feel when you have been exercising?

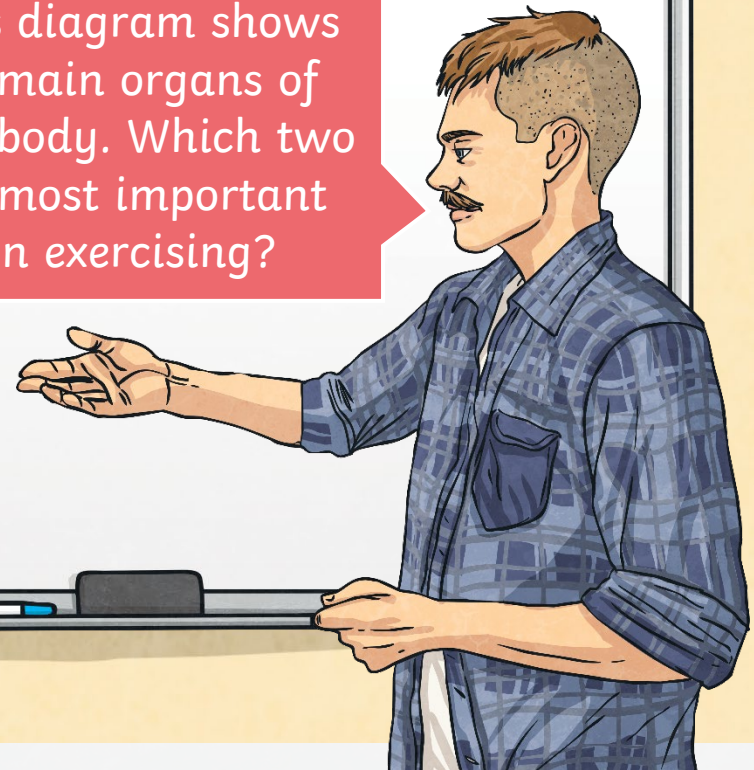
How do you think exercise helps your body?



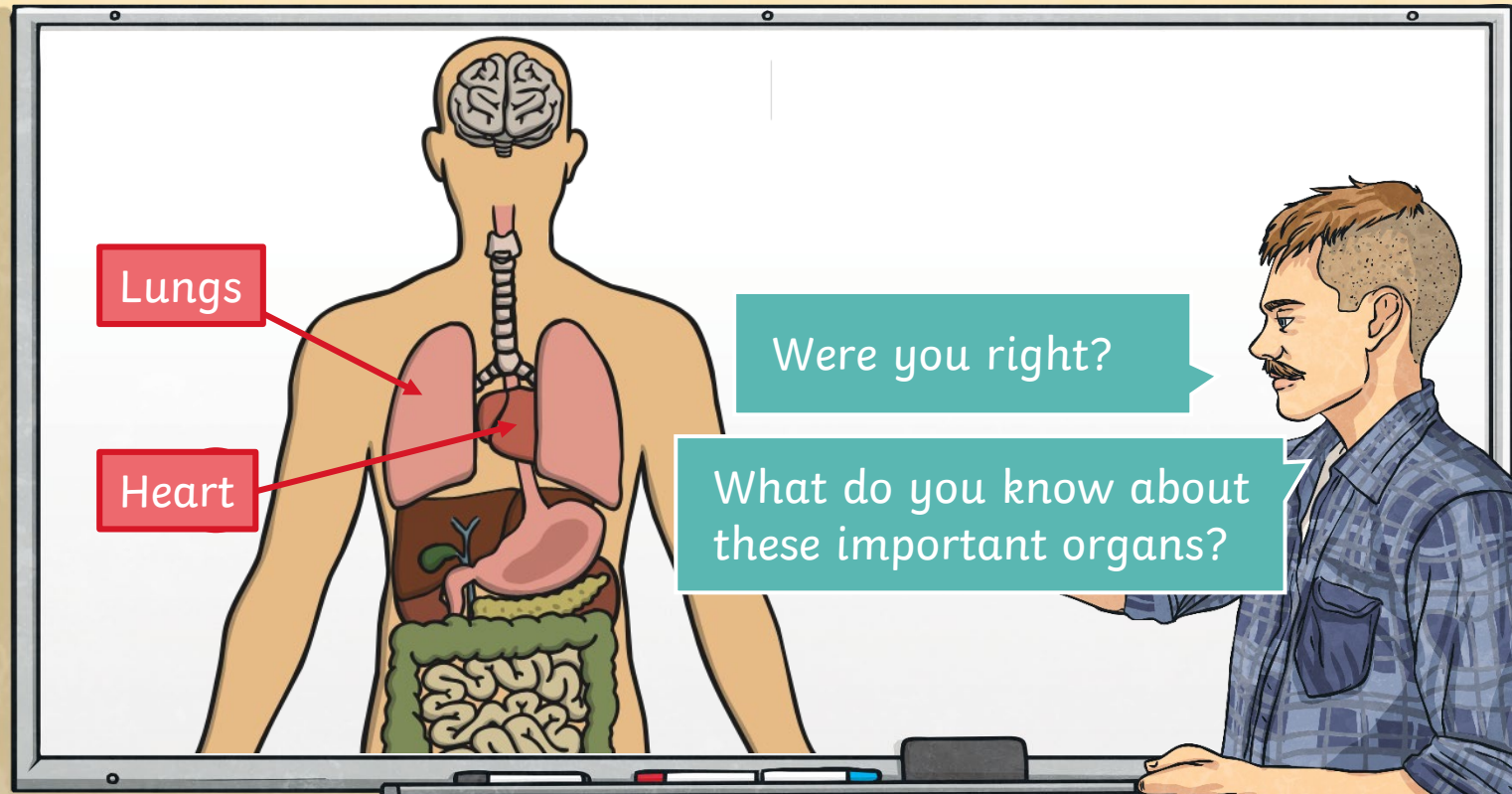
Your Body



This diagram shows the main organs of the body. Which two are most important when exercising?



Your Body



Lungs

Heart

Were you right?

What do you know about these important organs?

Heart and Lungs

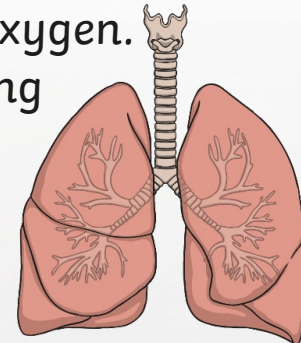


You need to get plenty of air into your lungs when you are exercising.

The heart and the lungs are both vital organs.

Can you describe the important job that they each do?

The lungs breathe in air and put the oxygen from the air into your blood. They breathe out carbon dioxide. Hardworking muscles use more oxygen. That's why breathing gets heavier during exercise.



Heart and Lungs



Exercise gets your blood pumping.

The heart and the lungs are both vital organs.

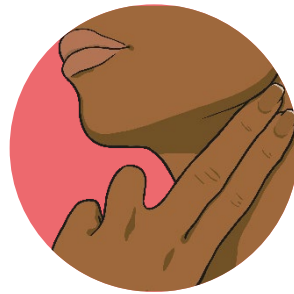
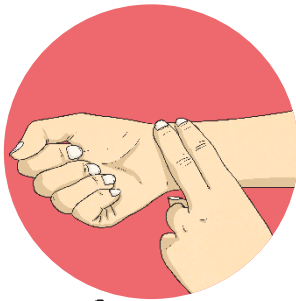
Can you describe the important job that they each do?

The heart pumps blood around the body to carry oxygen and other important things that the body needs.



Healthy Heart

How can you measure your heartbeat?



You can measure your heartbeat by taking your pulse.

Try taking your pulse now that you have been sitting still for some time.

Why We Need to Exercise



Take your pulse again. How has your heart rate changed? Talk to a partner about how your body now feels.

We are now going to stand up and do quick marching on the spot for 40 seconds.

Make sure you have plenty of room.

March on the spot.

Lift your knees up.

Pump your arms.

Keep your back straight.

How high can you lift your knees up?

Push your knees as high as you can.

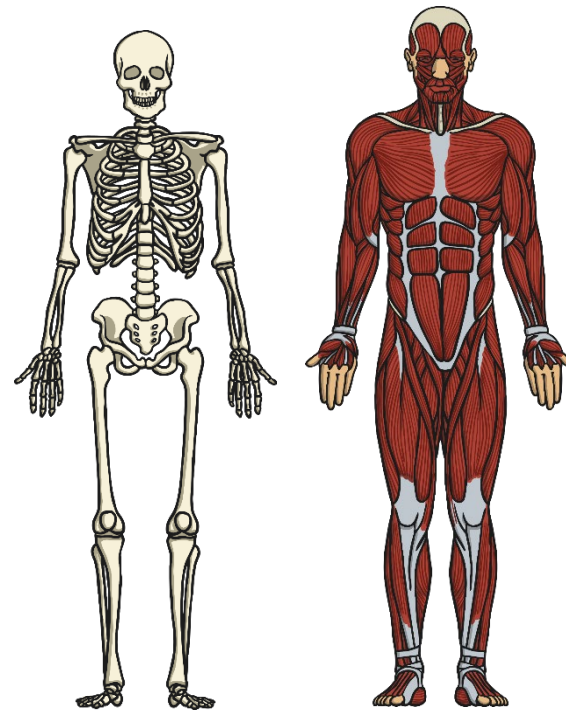
Bones and Muscles

Do you know the names of any of your bones or muscles?

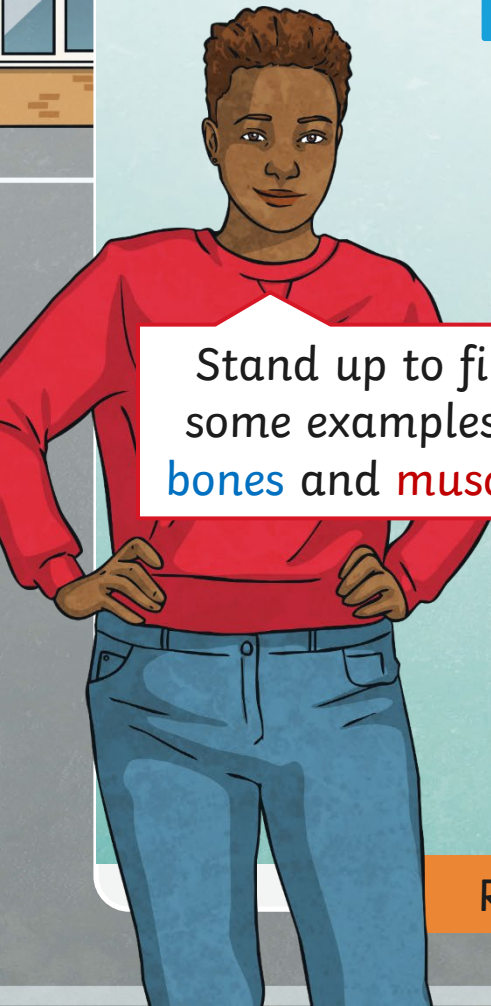
Your bones and muscles work together to give you strength and power for your favourite activities.



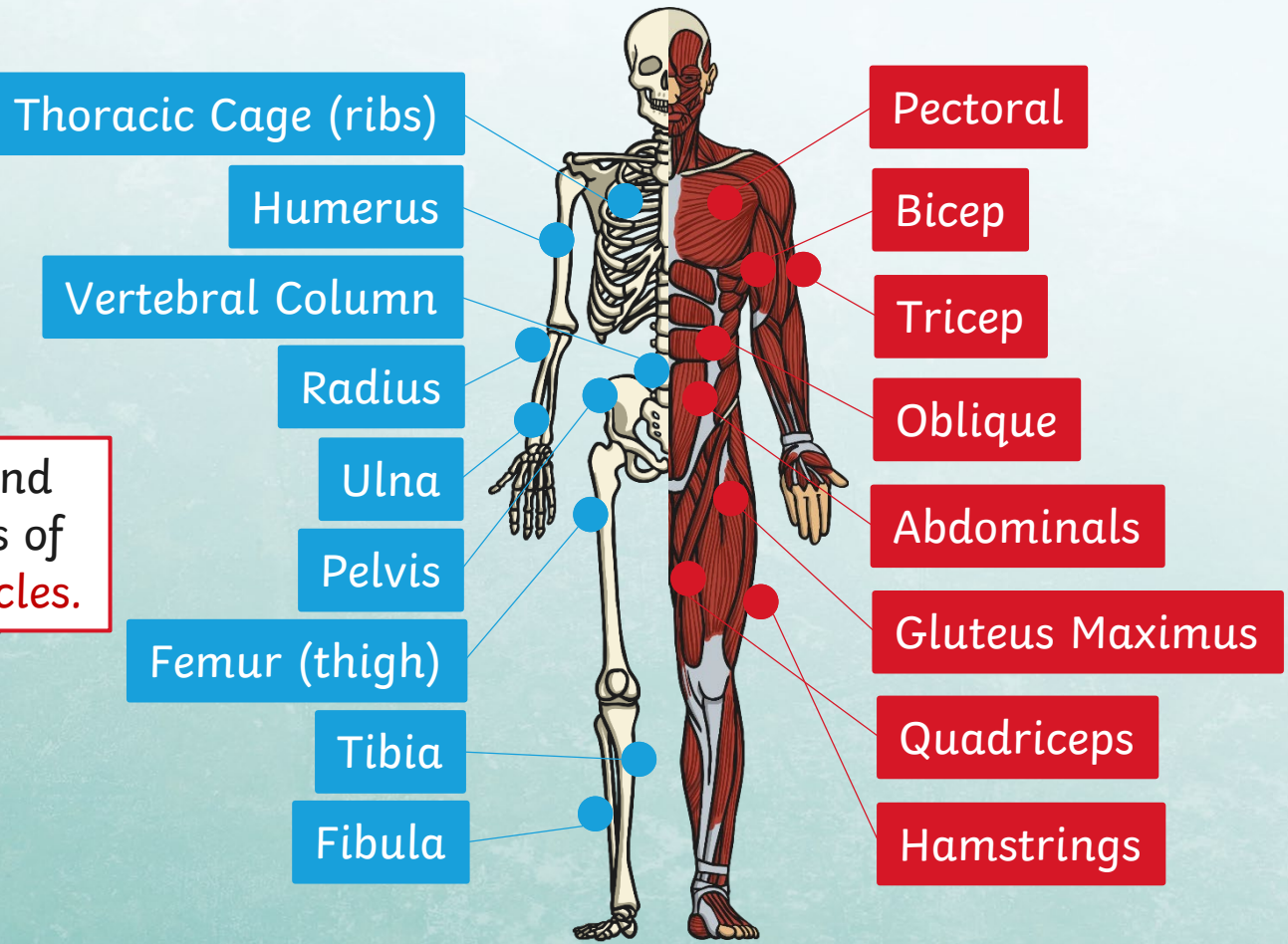
You wouldn't be able to move without the bones and muscles in your body.



Bones and Muscles



Stand up to find some examples of **bones** and **muscles**.



Read the names and find each on your own body.

Brain Boost



Being active is also great
for your brain.

When the heart beats faster, it pumps more oxygen to the brain.

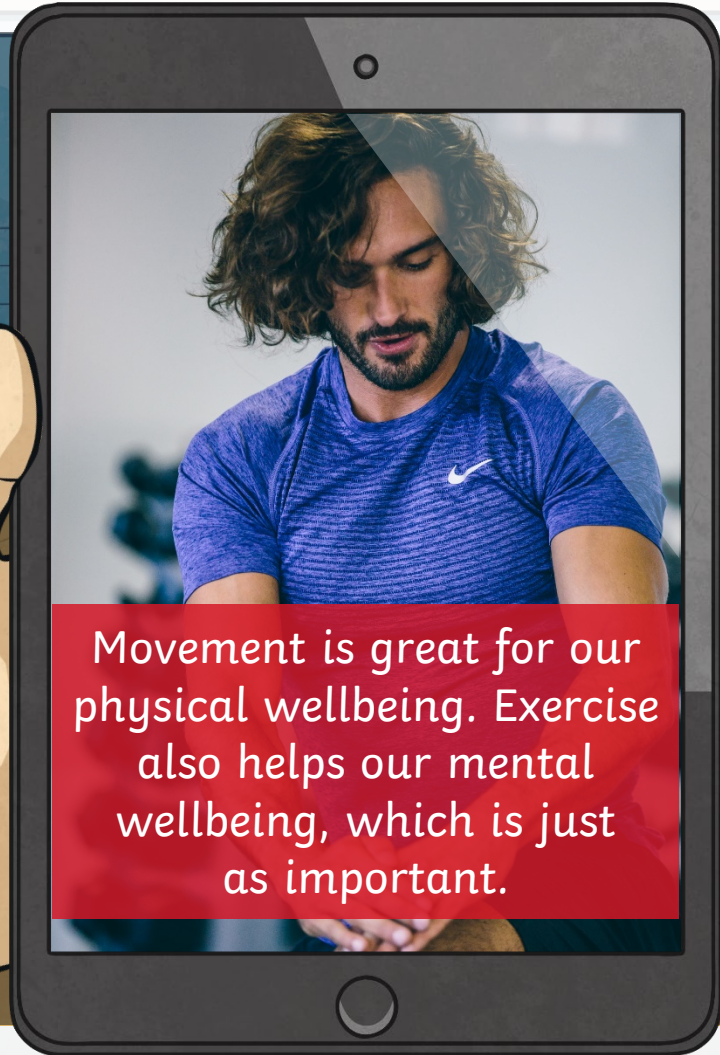
Movement helps people to concentrate better.

Exercise can also help to improve learning.



*Source: UK Chief Medical Officers'
Physical Activity Guidelines*

Feeling Fabulous!



Movement is great for our physical wellbeing. Exercise also helps our mental wellbeing, which is just as important.

Being active helps people to have more energy to enjoy doing the things they love.



Many people feel more relaxed and positive after exercising.

It can help people to sleep better.

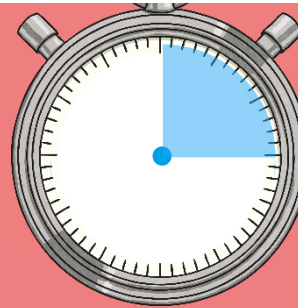
How Much Should You Exercise?

Being active everyday is really important.

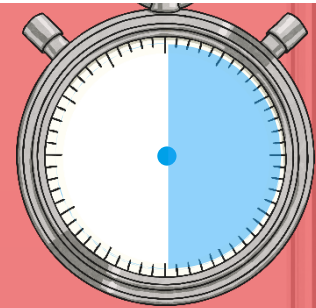
How long do you think you should spend exercising each day?

Remember: this doesn't have to be all in one go.

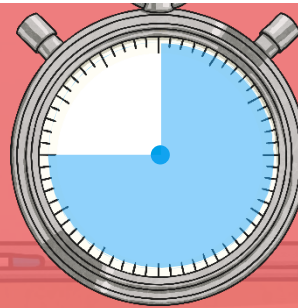
15 minutes



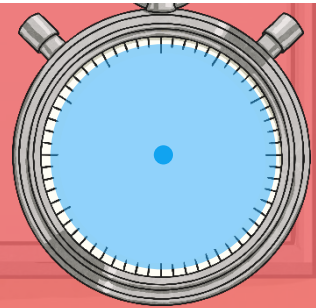
30 minutes



45 minutes



60 minutes

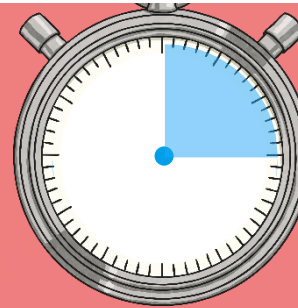


How Much Should You Exercise?

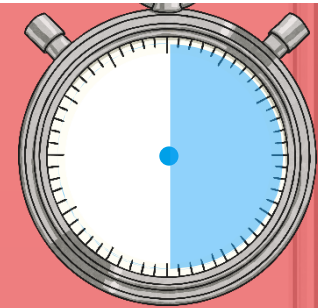
You should try to be active for at least 60 minutes (or one hour) each day.

Were you active for at least 60 minutes yesterday?

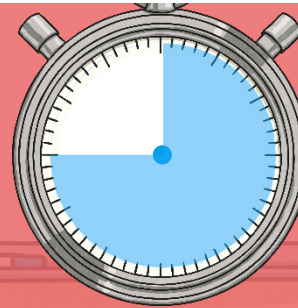
15 minutes



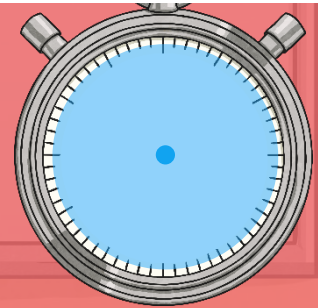
30 minutes



45 minutes



60 minutes



Being Active

Think about a typical week. What different physical activities do you do? Make a grid on your whiteboard to help you add up your active minutes.

Share your ideas with a partner.

	Before School	At School	After School
Monday	<i>Walk to school 20 mins</i>	<i>PE 50 mins Playtime 2 x 15 mins</i>	<i>Walk home 20 mins Dance class 45 mins</i>
Tuesday			
Wednesday			
Thursday			
Friday			
	Morning	Afternoon	Evening
Saturday			
Sunday			

Do you and your partner have similar ways of being active?

Being Active

Here are some of the ways that you might get moving.

Playing with a ball



Riding a bike



Swimming



Walking



Dancing



Gymnastics



Skipping



Running



What other ways do you get active?

There are activities to suit everyone!

Have Fun!

It doesn't matter how you choose to move.

Choose ways that you enjoy.



Being active with your friends and family can make it even more fun.

What activities do you enjoy with your friends and family?
Do you think you do a sport or exercise that no-one else in the class has tried?
Which exercises have you never tried that you would like to have a go at?

Staying Healthy

Moving and being active is an important part of staying healthy.

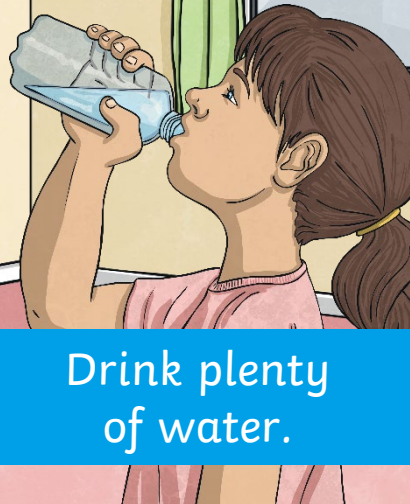
As well as exercise, what else can you do to help your body and mind to stay healthy?

How many of these things did you think of? Did you think of any more?

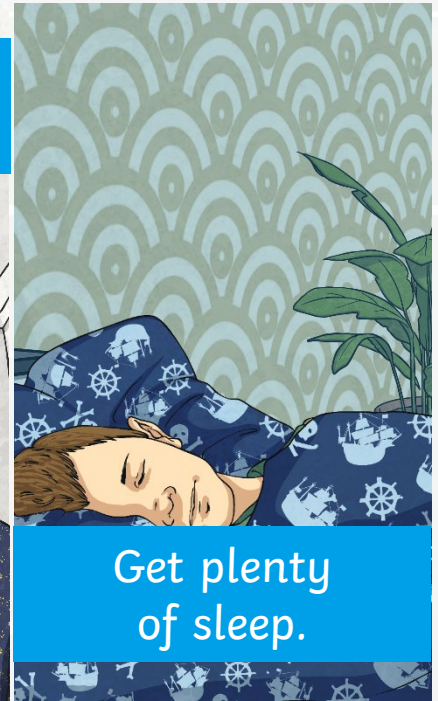
Eat a balanced diet.



Keep your body and teeth clean.



Drink plenty of water.



Get plenty of sleep.

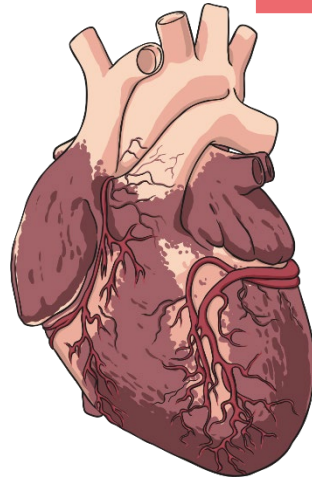
Joe Says...



Try to be active for 60 minutes each day to stay healthy and happy!
Try this Active 8-Minute Workout to add to today's total.

Help Your Body

Can you remember how exercise helps these parts of your body? Tell your partner.



It strengthens your heart so that it works well to pump your blood.



Help Your Body

Can you remember how exercise helps these parts of your body? Tell your partner.

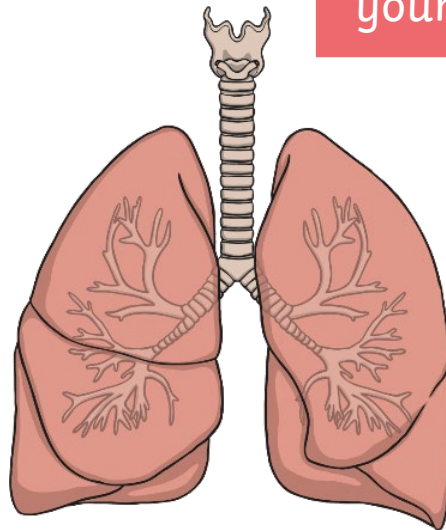
What happens to your heart rate when you are being active?

Your heart rate gets faster so that it can pump more oxygen to your muscles as they are using it up.



Help Your Body

Can you remember how exercise helps these parts of your body? Tell your partner.

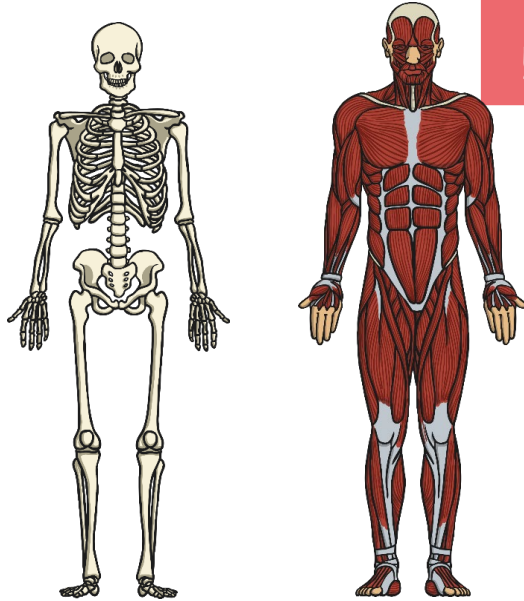


Exercising builds up your lungs' ability to use oxygen well.



Help Your Body

Can you remember how exercise helps these parts of your body? Tell your partner.



Being active makes your bones and muscles stronger.



Why Do We Exercise?

Did you remember any of these reasons to be active?

It's fun!



It's good for our heart, lungs, bones and muscles.

Being active is good for our brain and helps us to concentrate so that we can learn better.

Why do we exercise?



It's part of keeping our body healthy.

Exercise is good for our mental wellbeing and can help us to feel more confident.

Aim

- To understand the importance of exercise.

Success Criteria

- I can talk about some of the benefits of exercise for my physical and mental wellbeing.
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