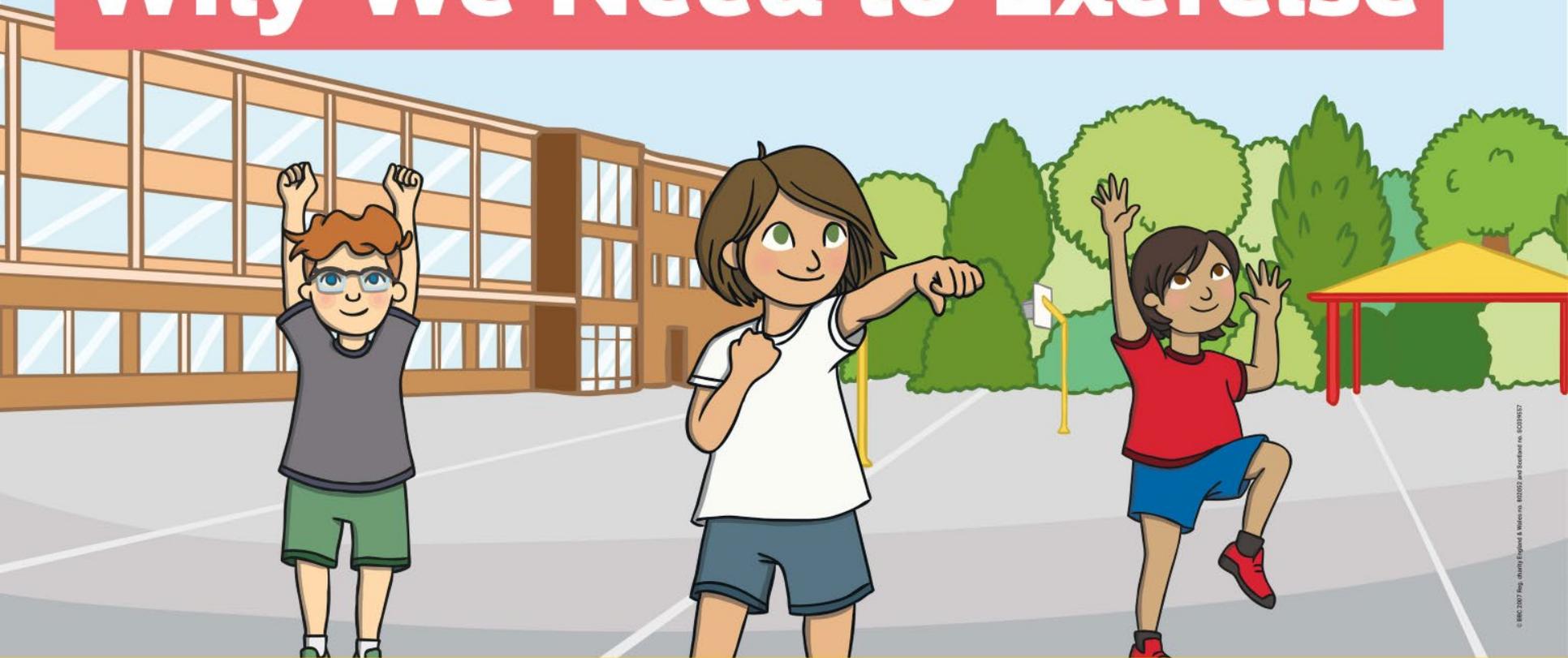


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Top Tips from Joe Wicks

Why We Need to Exercise



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Aim

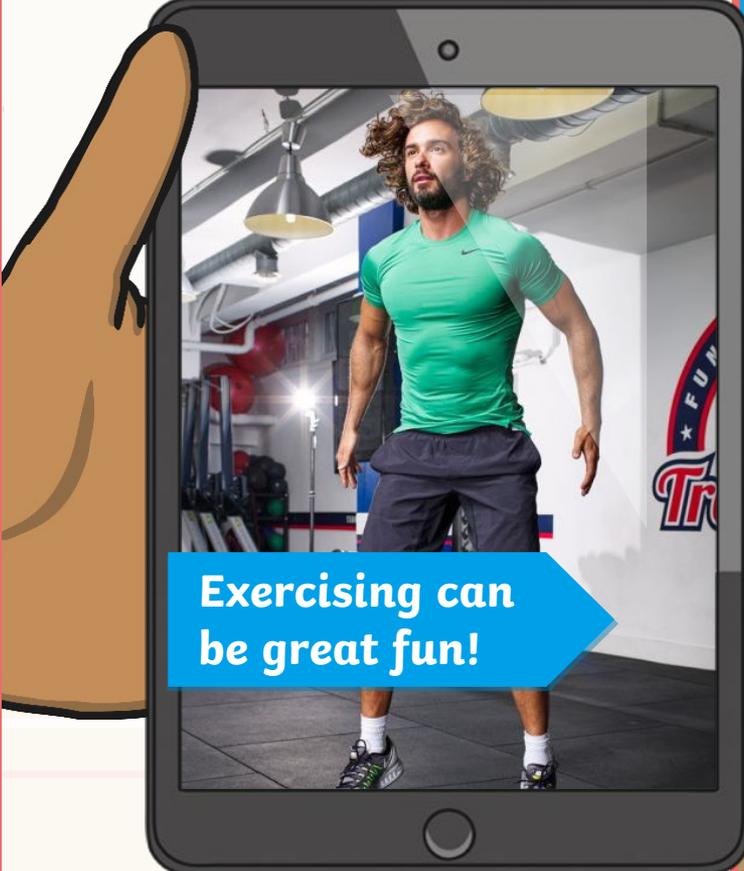
- To understand the importance of exercise.

Success Criteria

- I can talk about some of the benefits of exercise.
- I know that exercise is part of staying healthy.
- 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

Can you think of some different ways that you like to exercise and be active?



Exercising can be great fun!



Why We Need to Exercise

Rules

As well as being lots of fun, exercise is really important for your amazing body.

Discuss with a partner how your body feels now you have been sitting down for a while.



Why We Need to Exercise

Talk to a partner about how your body now feels.

Can you think of some reasons why exercise is important?

We are now going to learn more about how exercise helps our bodies.



Why We Need to Exercise



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

March on the spot.

Make sure you have plenty of room.

Lift your knees up.

Pump your arms.

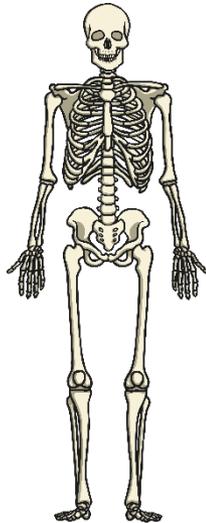
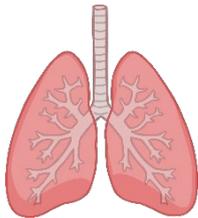
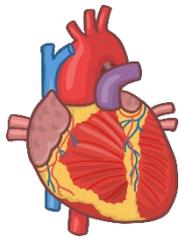
Keep your back straight.

How high can you lift your knees up?

Push your knees as high as you can.

Your Body

Here are some of the important parts of your body.



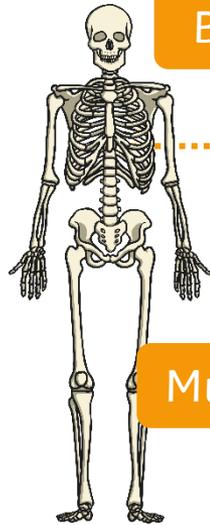
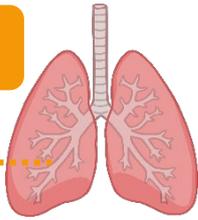
Can you identify what each one is?

Your Body



Heart

Lungs



Bones



Muscles



Our Class
Rules

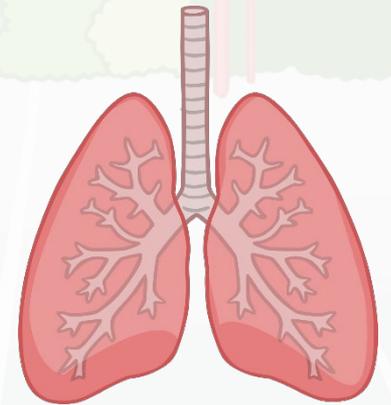
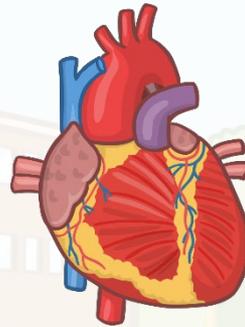


Were you right?

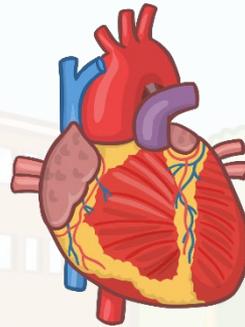
Your Body

Each part of your body has a very important job.

Do you know what any of the jobs are?

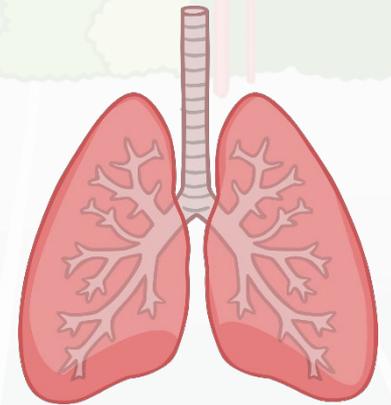


Your Body



Your heart pumps blood around your body to carry oxygen and other important things that you need.

Your lungs allow you to breathe. You breathe in oxygen and breathe out carbon dioxide.



Your Body

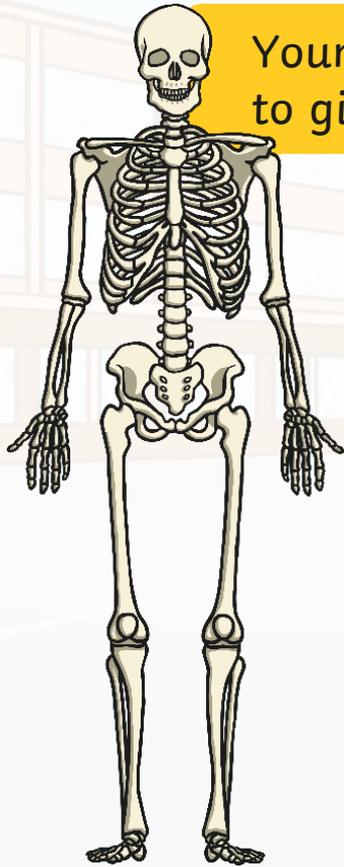


Can you put your hand on your chest and feel your heart beating?

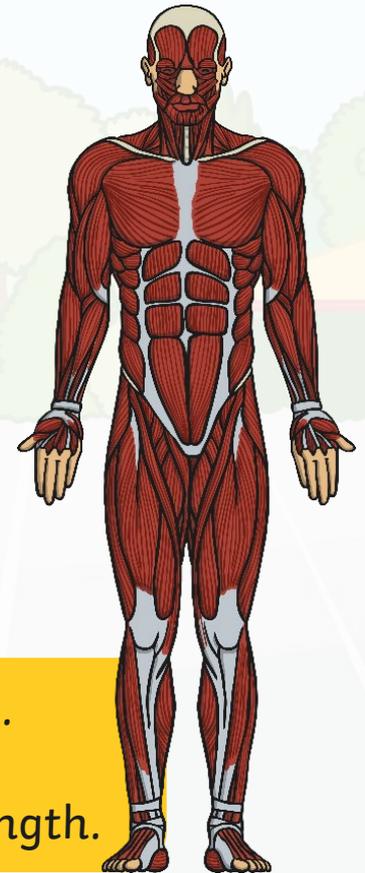
Do you know the names of any of the bones in your body?



Your Body



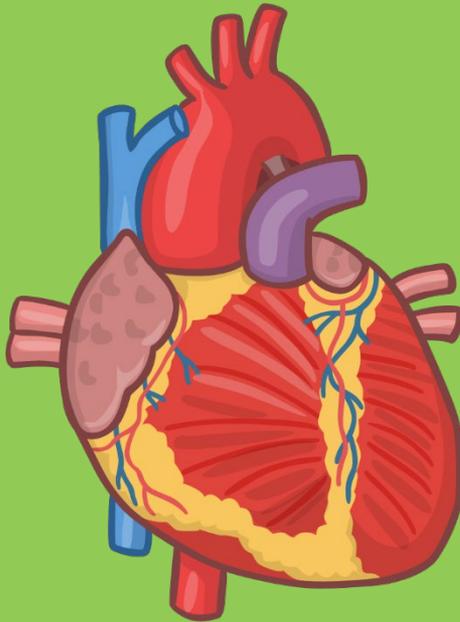
Your bones support your body to give it structure.



Your muscles help you to move. They work with your bones to give your body power and strength.

Your Body

Did you know that your heart is a muscle?

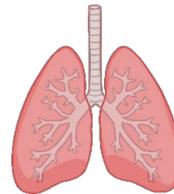
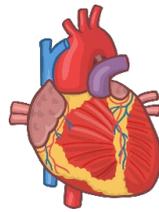


Help Your Body



Exercise is
important for your
amazing body!

How do you think exercise helps these parts of your body?



Help Your Body



**Exercise is
important for your
amazing body!**



Exercise builds up your lungs so that they are using the oxygen well.

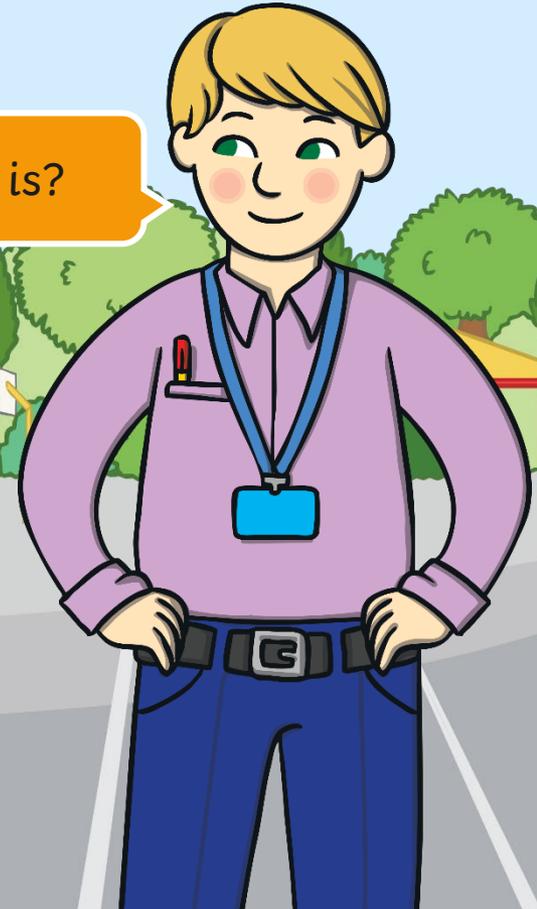
Exercise makes your bones and muscles stronger.

Your heart pumps faster when you are being active.

Another Important Part

Being active also helps another very important part of your body.

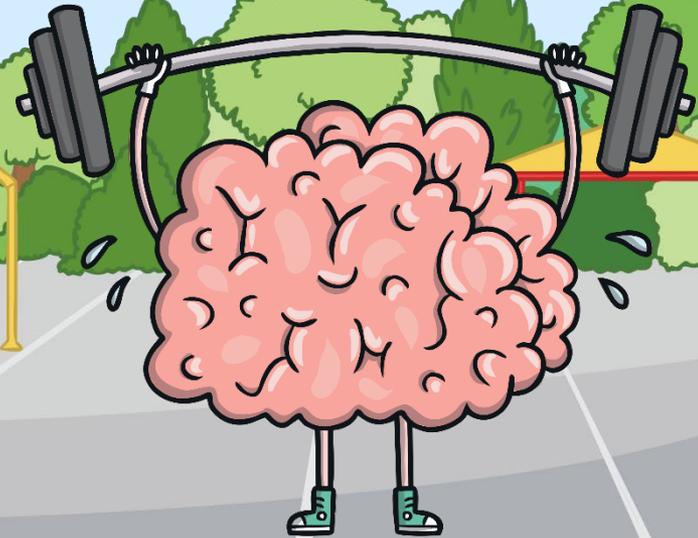
Can you **think** what it is?



Another Important Part



Exercise helps your brain to concentrate so that you can learn better.



Your brain!

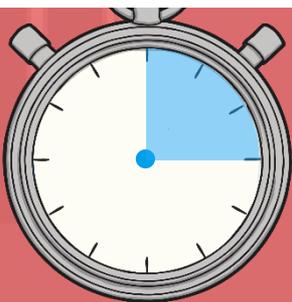
How Much Should You Exercise?

Being active every day is really important.

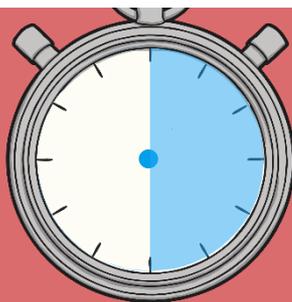
★
Our Class Rules

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

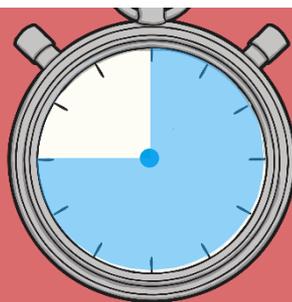
15 minutes



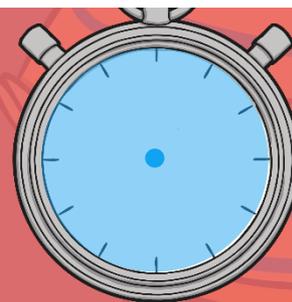
30 minutes



45 minutes



60 minutes



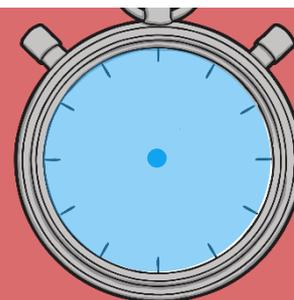
How Much Should You Exercise?



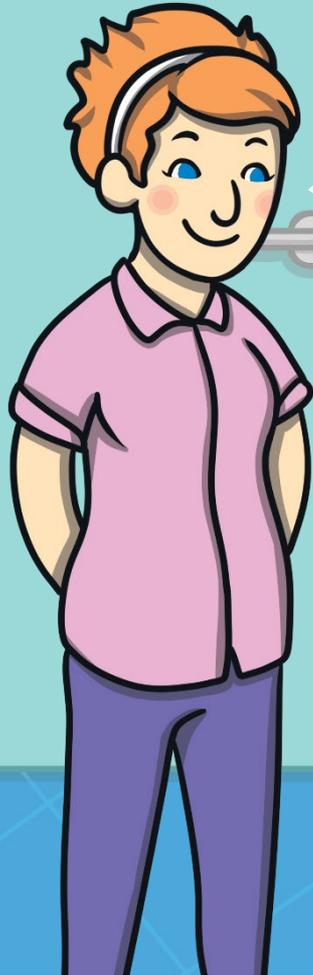
You should try to be active for 60 minutes (or one hour) each day.

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

60 minutes



How Much Should You Exercise?



What ideas did you have?

With a partner, think of different ways you can be active and exercise. How many can you think of in 40 seconds?

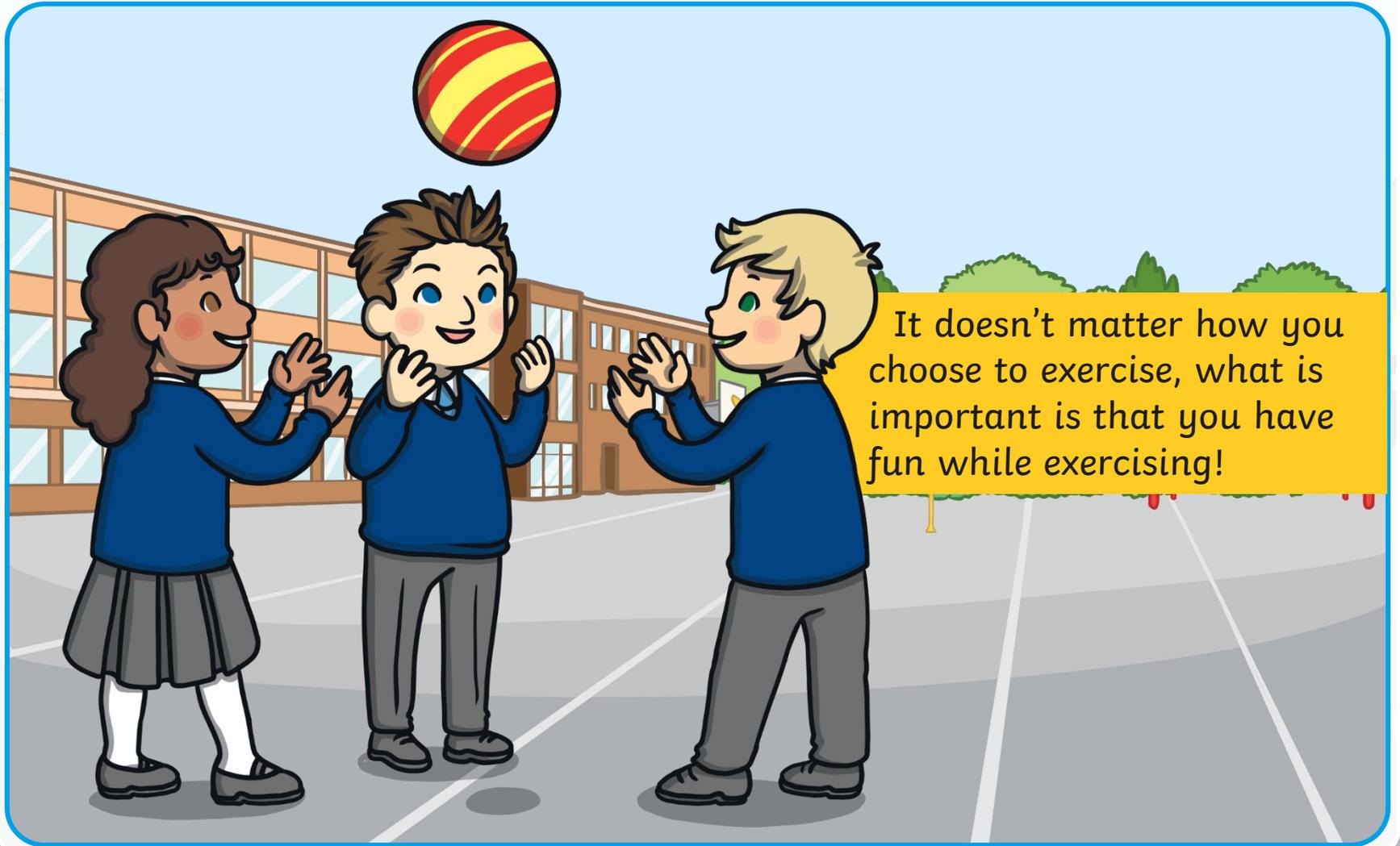


Ready, Set, Go!

What other ways did you think of?



Have Fun!



It doesn't matter how you choose to exercise, what is important is that you have fun while exercising!

Staying Healthy

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

Staying healthy means looking after your body and mind so that they can do all of their important jobs.

What other things can you do to help your body and mind to stay healthy?



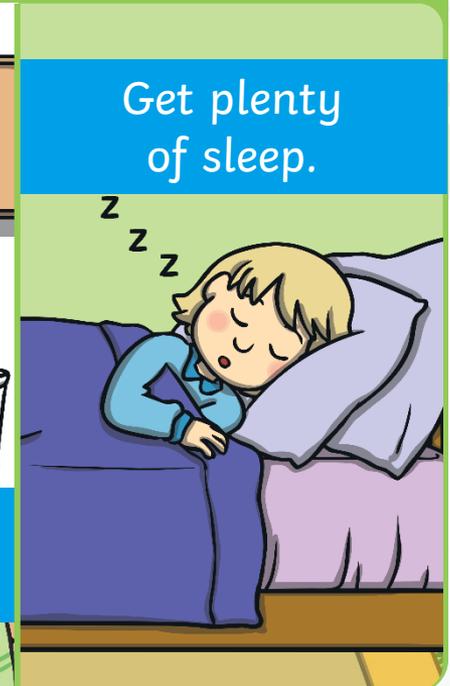
Eat a balanced diet.

Drink plenty of water.



Keep your body and teeth clean.

Get plenty of sleep.



Reminder - Why Do We Exercise?

Why do we exercise?



Exercise helps to keep our body healthy.

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

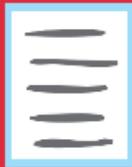
Activity is good for our brain and helps us to concentrate so that we can learn better.

Being active, moving, getting exercise, playing sports and games are fun and can help make us happy!

Joe Says....

5 Minute Move | Kids Workout 1 | The Body Coach TV

WOW!



Our Class Rules



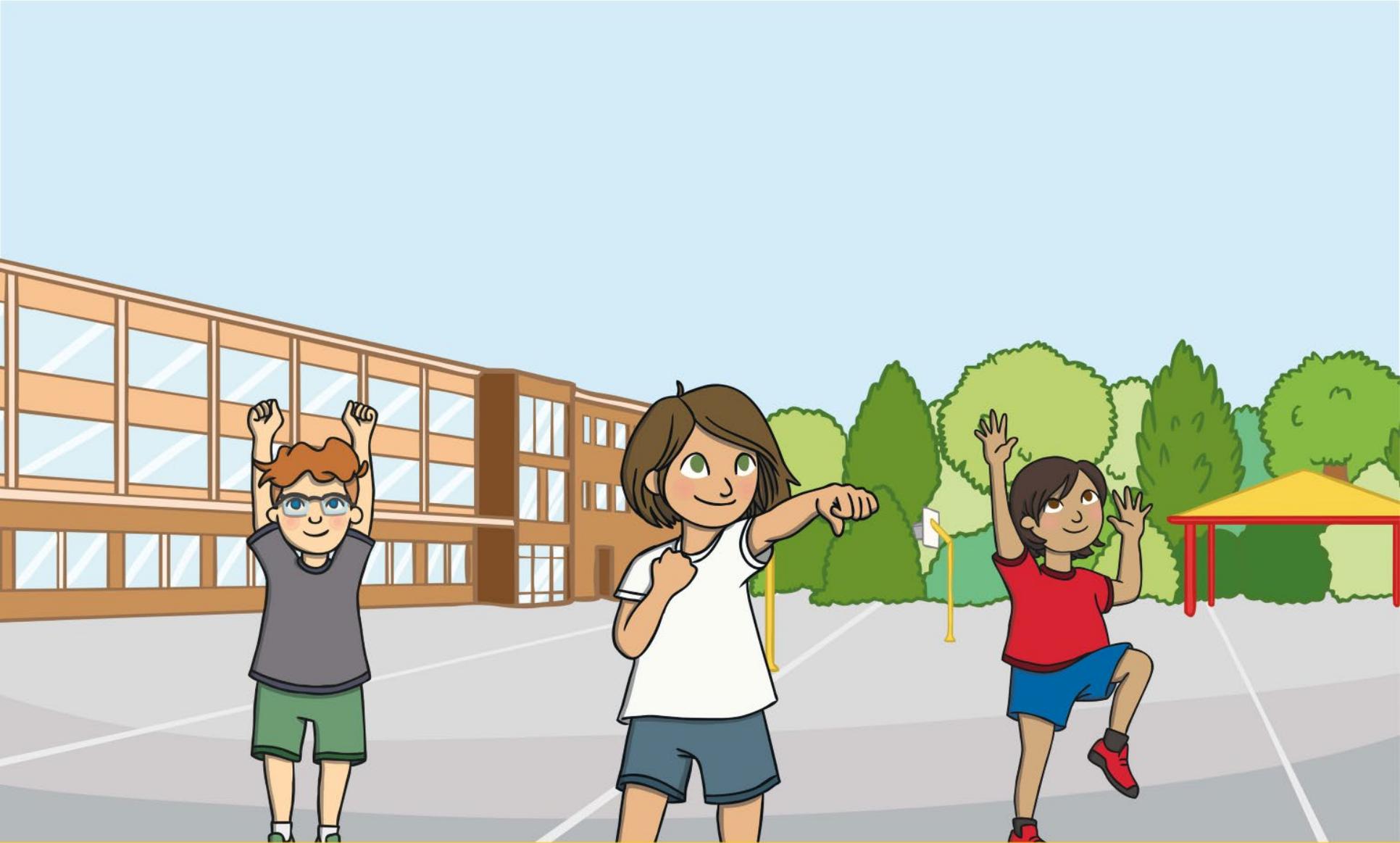
Let's now try one of my 5 minute workouts.
Can you do one each day to stay healthy and happy!

Aim

- To understand the importance of exercise.

Success Criteria

- I can talk about some of the benefits of exercise.
- I know that exercise is part of staying healthy.
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- I can talk about some of the ways that I can be active.



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