## <u>L.O. I am learning to explain the</u> <u>importance of exercise.</u>

#### Key Vocabulary

Health, Fitness, Exercise, Heart, Lungs, Muscles, Joints, Metabolism, Intellect, Oxygen, Cells, Strength, Stamina

#### Think.

## -Why is exercise important? -How much exercise should you take per day?







## Make a mind map of as many different types of exercise they can think of.





## How does exercise benefit your heart and lungs, muscles and joints, metabolism, and brain function?

How does your body change during exercise?

HINTS: Changes to temperature, breathing, heart rate, muscles (inc. cramp), thirst, and selfesteem.

## How does your body change during exercise?



## Click the link and watch the video to find out!

https://www.youtube.com/watch?v=wWGulLAa000

# How does your body change during exercise?

Let's write a short explanation about how our body changes. Answer the questions below in full sentences to create a paragraph. Re-watch the video if you need to.

- 1. What happens to your body temperature?
- 2. What happens to your heart? Why?
- 3. What happens to your breathing? Why?
- 4. What happens in your brain?
- 5. Why do you feel more positive after exercising?



- What is your heart rate?
- How can you measure it?
- How does it change during exercise?





https://www.youtube.com/watch?v=W5K\_HR6hxMY

### Resting Heart Rate: How to take a pulse



We are going to count our resting heartbeat for 60 seconds and record it in a table.

Now: We are going to run on the spot for 2 minutes.



Let's retake our pulse now. What do you notice?

Let's compare our readings to those for babies, adults, and trained athletes.

How can the different readings be <u>explained?</u>

<u>Heart Rate (bpm)</u>
135
95
69 or 81
40

**Optional Research Challenge** 



<u>How can the different readings</u> <u>be explained?</u>

Use the internet to research why a baby, a child, a regular adult and an athlete have such different heart rates.