

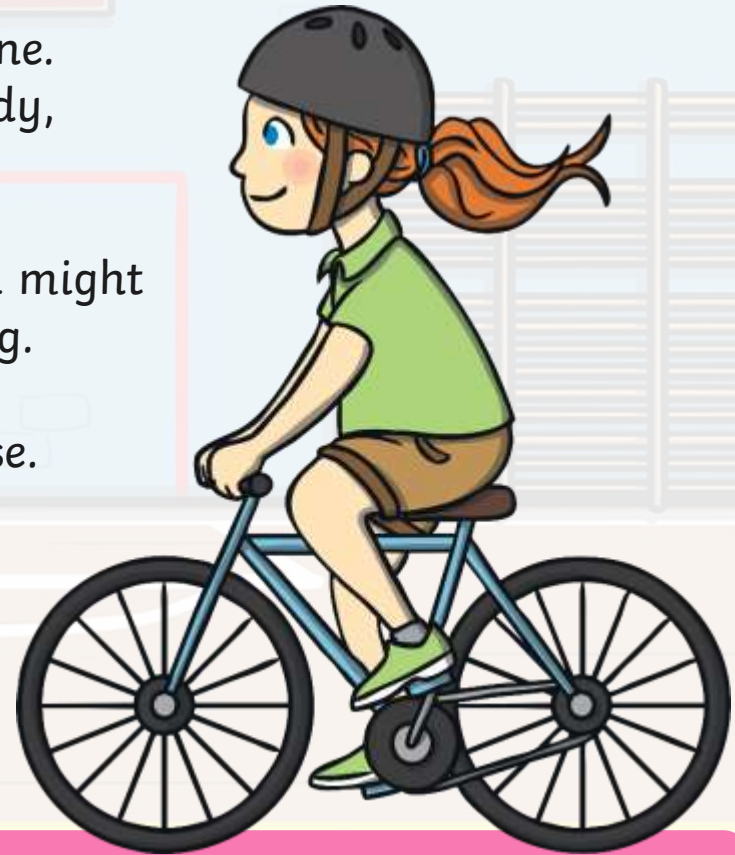
Y3 & 4 can you read through this power point and answer the questions in your homework book?

# How Active Are You?

Being active is very important to everyone. Anything that makes you move your body, keeps you active.

Exercise is moving and being active. You might feel tired or a little warm after exercising.

You need energy to be active and exercise.



How active have you been today? How active have you been this week?

# What Exercise Can I Do?

Children are very active. It is very likely you will have done a lot of exercise and not even noticed it.

It is important to remember you can still do less active activities, like reading a book, but it's important to balance these with plenty of activity.



Can you think of five ways of exercising you might do over this week?

# Exercise Is Good for Me

Exercise is extremely important for you because it keeps your body healthy.

Another important reason exercise is important is because it makes you feel great! The more active you are, the more energy you will have. This energy will make you feel fantastic!

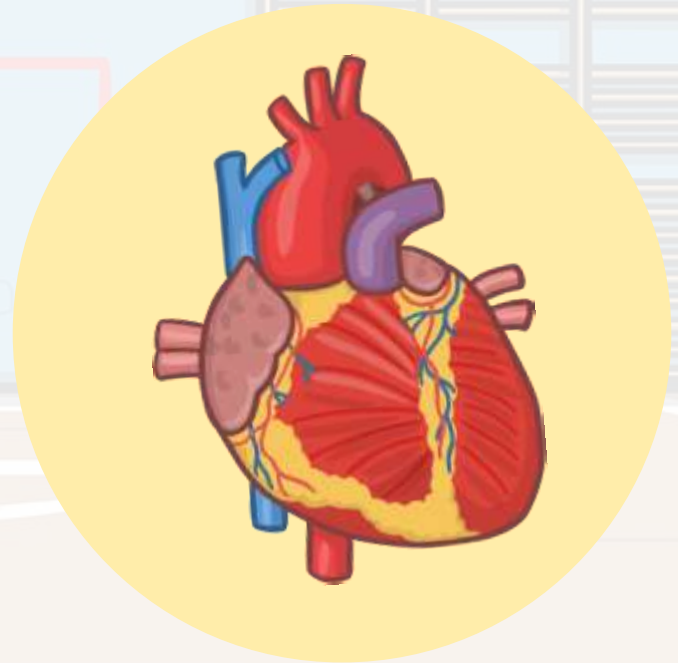


# Exercise Is Good for My Heart

Exercise is also very important for the organs inside your body.

Your heart becomes very strong when you are active and exercise.

Your heart is a muscle. This means that the more active you are, the stronger your heart gets.



Do you know where your heart is?

# Exercise Is Good for My Muscles

Exercise is also very important for the rest of the muscles in your body. There are over 650 muscles in your body!

With every exercise you do, each of your muscles get stronger.



Can you show where some of your muscles are?

# Fuelling Your Body

Your body is like a machine. It needs to have fuel to work properly, especially when you are being active.

This means you need to fuel your body with energy. Energy for your body comes from food.

Eating a healthy diet and drinking lots of water will fuel your body.



vegetables



meat



chocolate



milk



cheese



crisps

Which of these foods can we eat plenty of to keep us healthy?

# All Foods in a Healthy Diet

Your body needs different types of food to grow and be strong. It is important to get your energy from healthy food as this will give your body much more energy for all your activities.

Vegetables, fruit and meat are healthy. You need milk, yogurt and cheese to make your bones strong. You also need food like potatoes and rice to give you energy.



You can also have treats like chocolate and crisps. Just remember not to have them too often.