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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



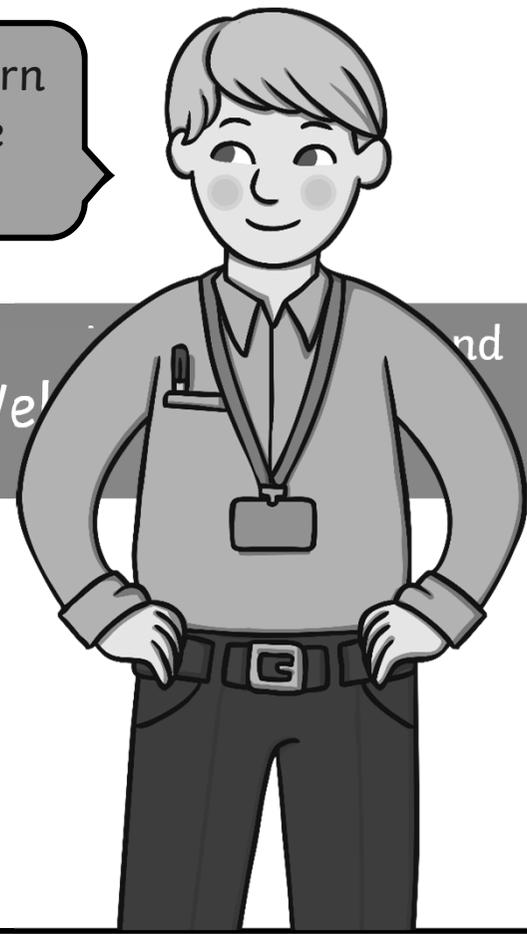
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We are now going to learn more about how exercise helps our bodies.

Start

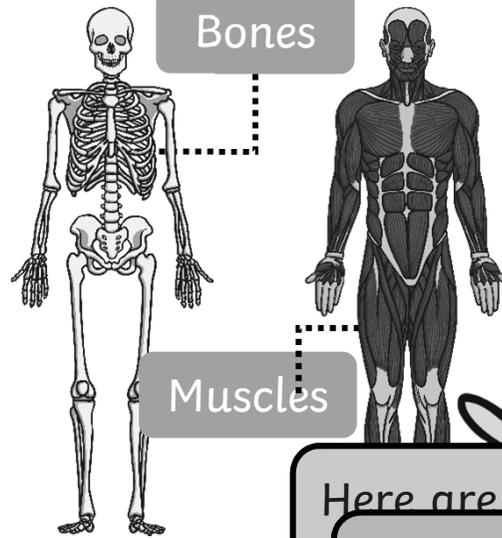
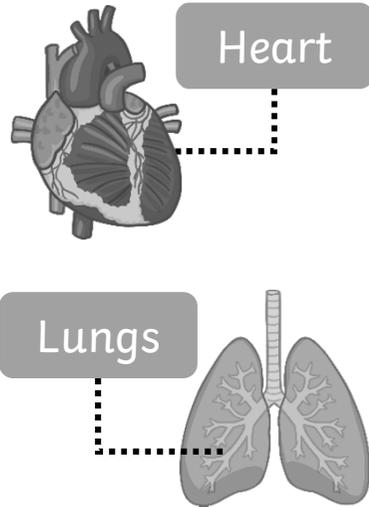
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# Your Body



Here are some

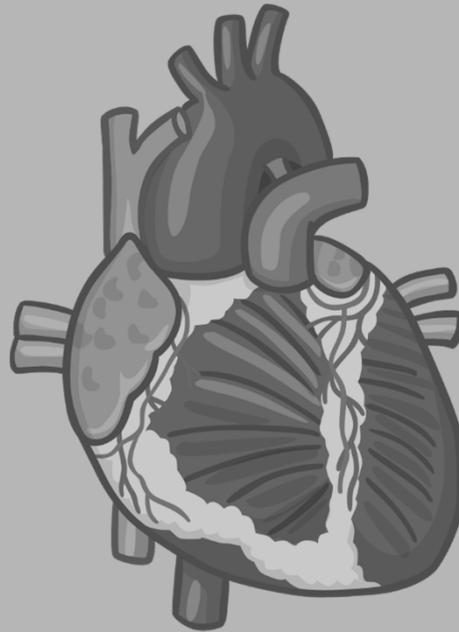
Were you right?

Can you identify what each one is?

The text is presented in three overlapping grey speech bubbles. The top bubble says 'Were you right?'. The middle bubble says 'Can you identify what each one is?'. The bottom bubble says 'Here are some'.

# Your Body

Did you know that your heart is a muscle?

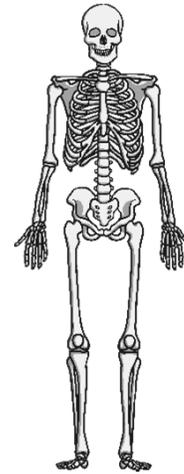
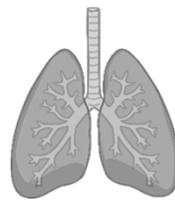
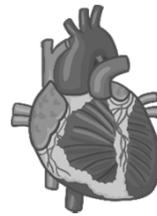


# Help Your Body



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

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



are being active.

# Another Important Part

very important part of your body.



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

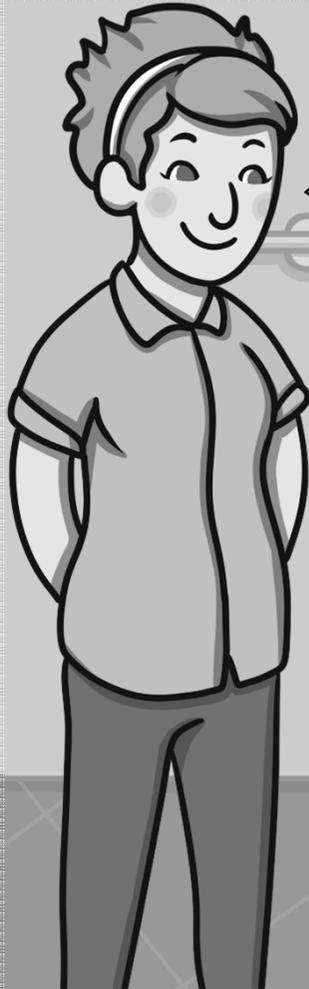
think what it is?



# How Much Should You Exercise?

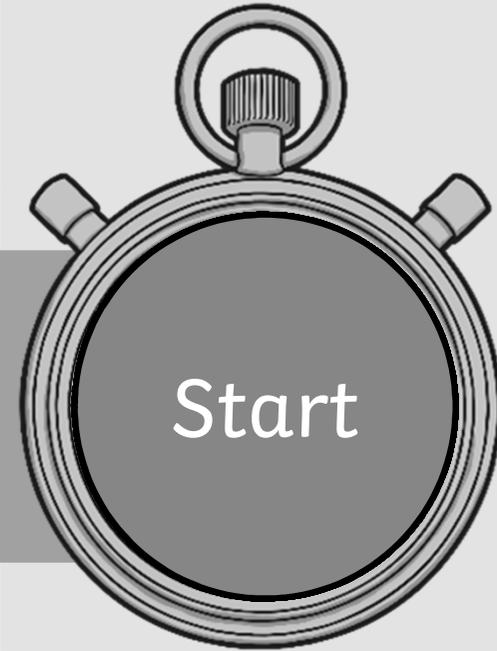


# How Much Should You Exercise?



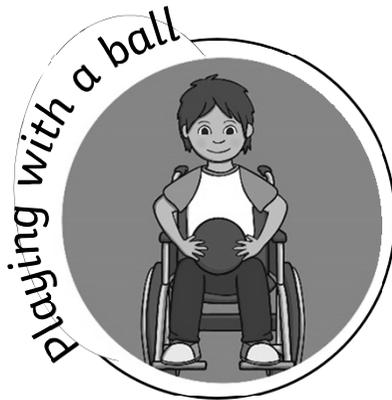
What ideas did you have?

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

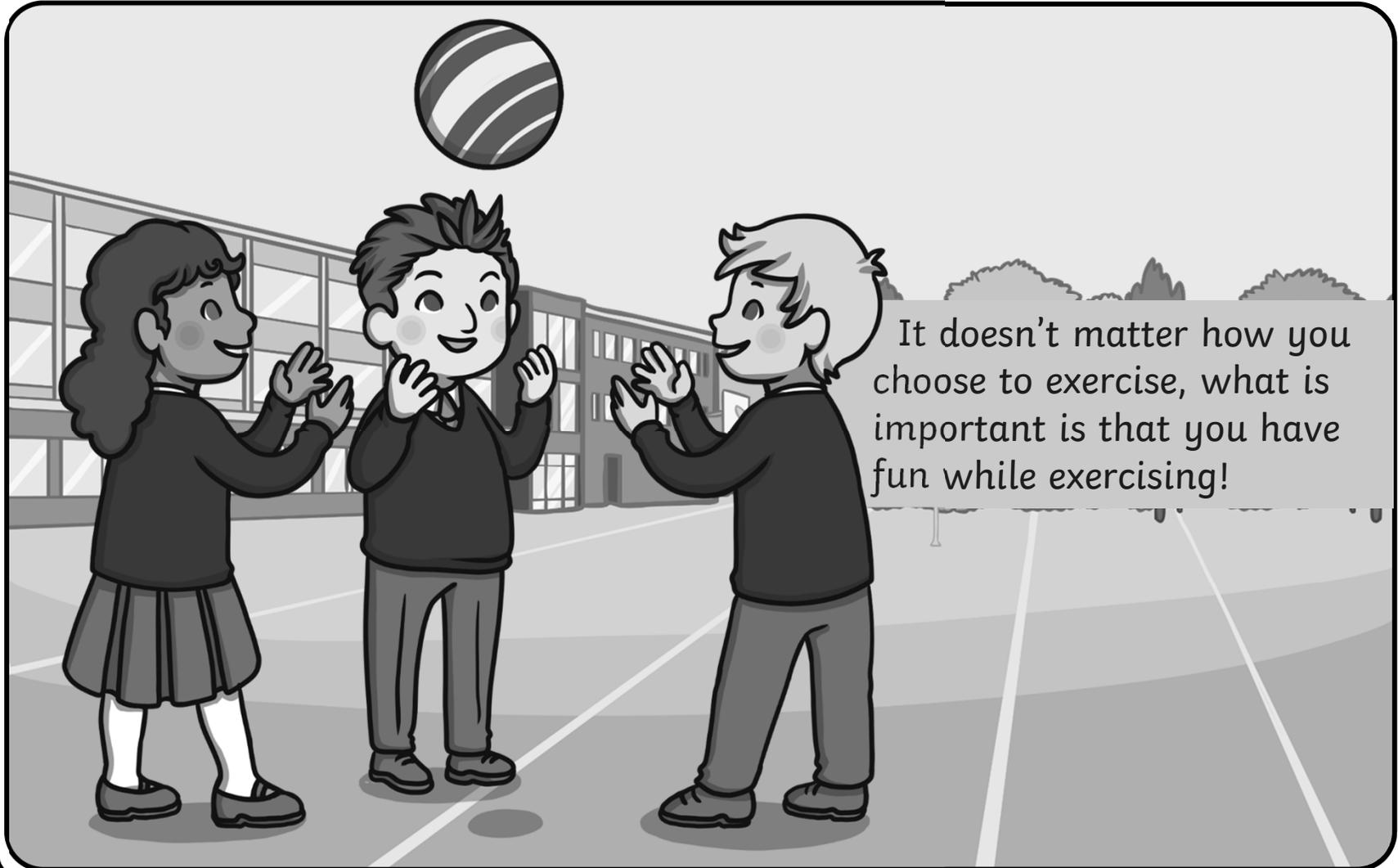


# Ready, Set, Go!

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?



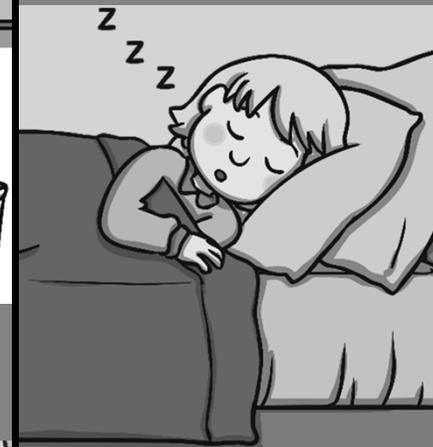
Eat a balanced diet.

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....

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!

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