

Top Tips from Joe Wicks

Why We Need to Exercise



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Official Education Partner



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

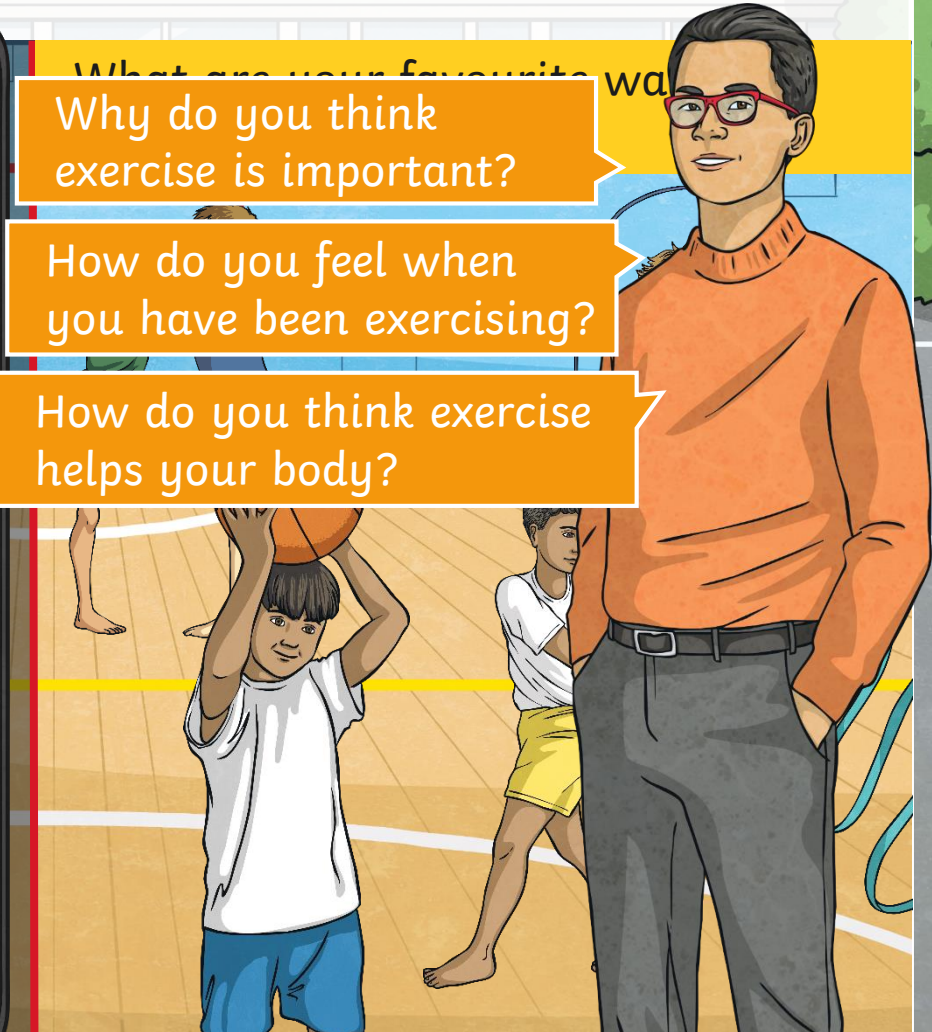


Moving and being active every day is very important. It helps you to feel happy and confident!

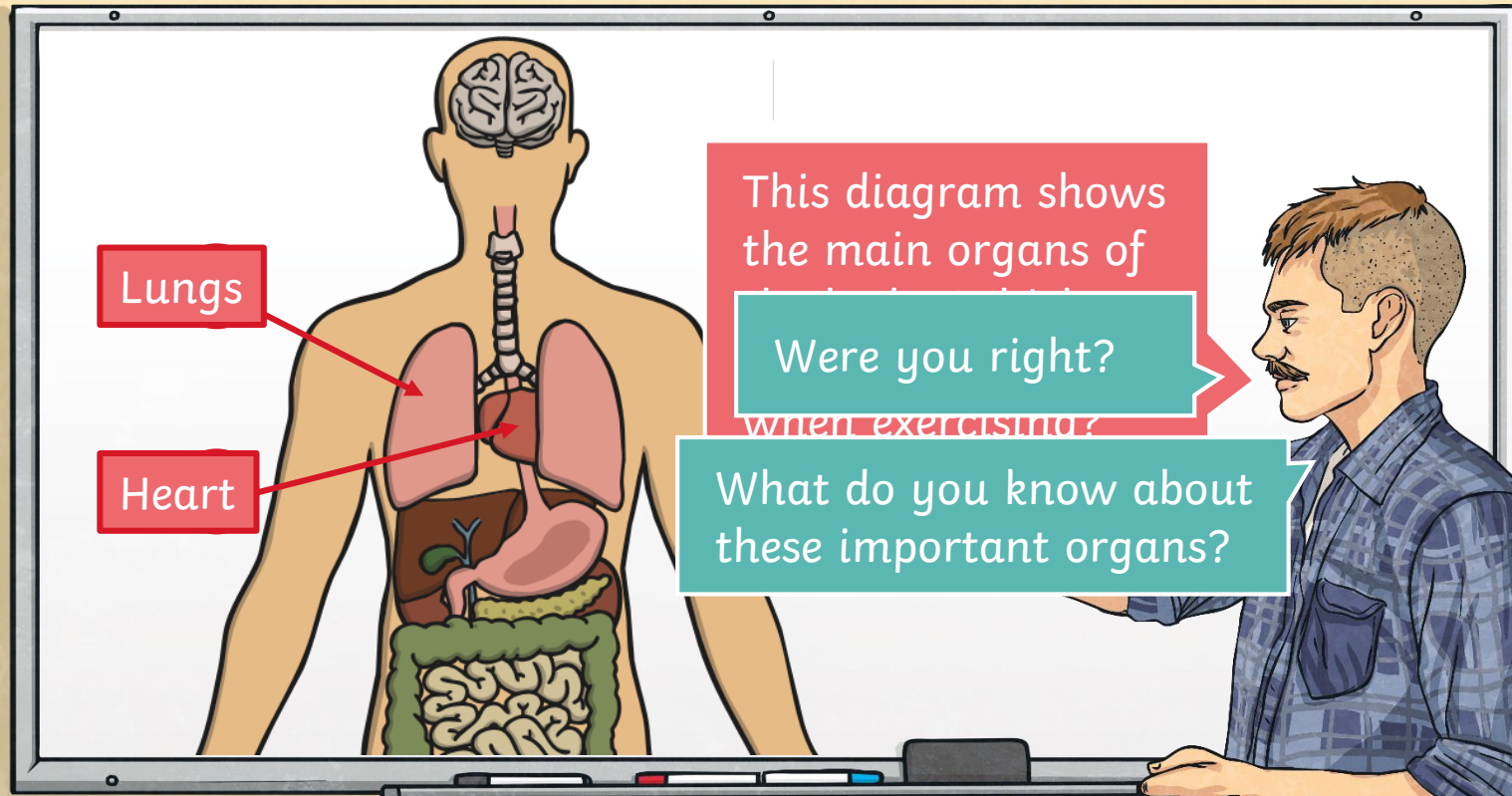
Why do you think exercise is important?

How do you feel when you have been exercising?

How do you think exercise helps your body?



Your Body

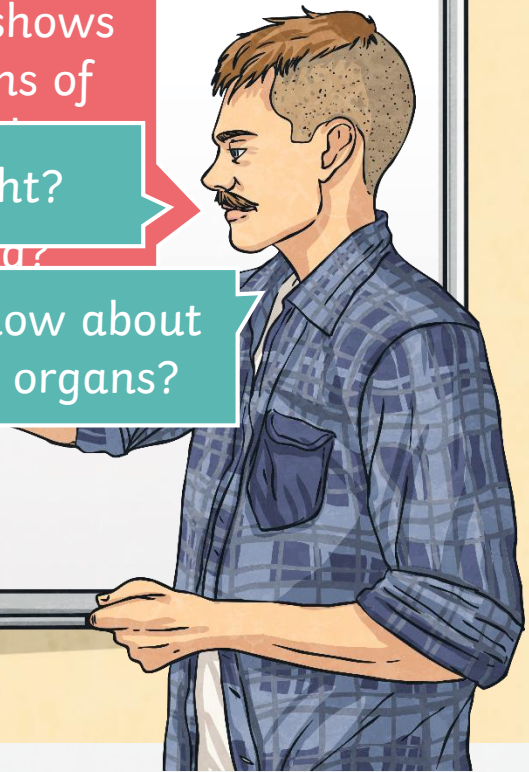


This diagram shows the main organs of

Were you right?

when exercising?

What do you know about these important organs?



Heart and Lungs

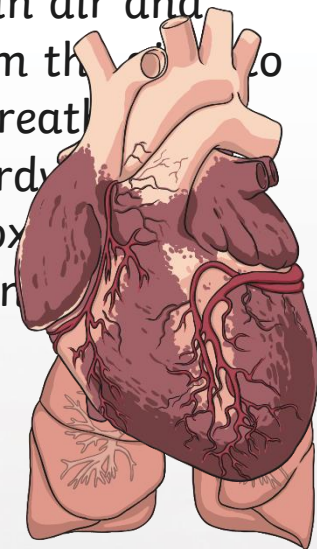
The heart and the lungs are both vital organs.

Can you describe the important job that they each do?



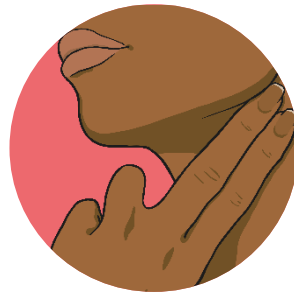
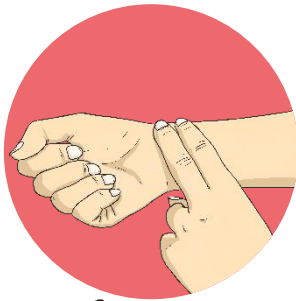
You need to get plenty of air into your lungs when you are exercising.

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



Start

We
do q
40 s

Well Done!

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as t for

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

Make sure you have plenty of room.

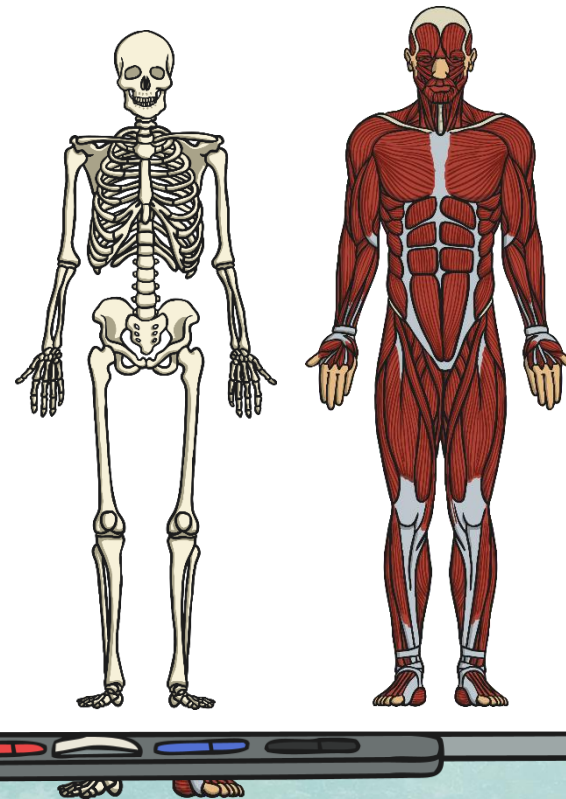
Bones and Muscles

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.



Brain Boost



Being active is also great
for your brain.

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

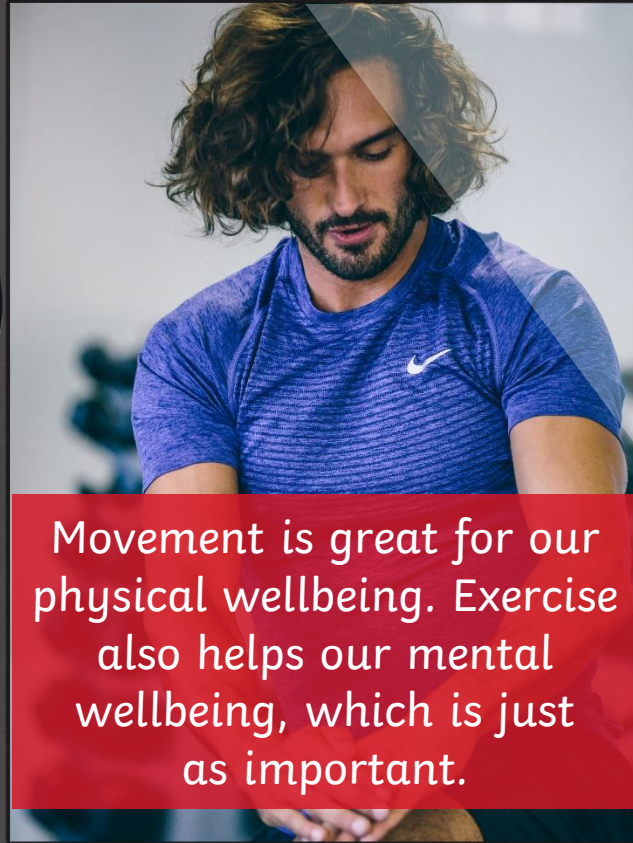
Movement helps people to concentrate better.

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?

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?

ay?

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 none of your friends have 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.

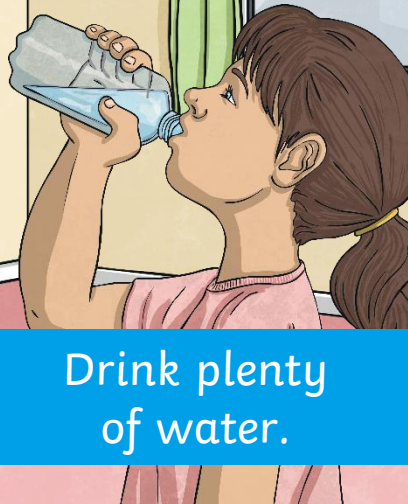
As well as exercise, what else can you do to help your body and mind to stay healthy?

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

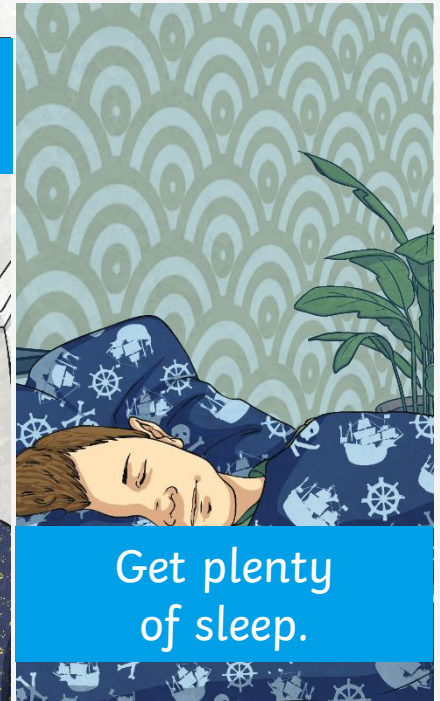
Eat a balanced diet.



Keep your body and teeth clean.



Drink plenty of water.



Get plenty of sleep.

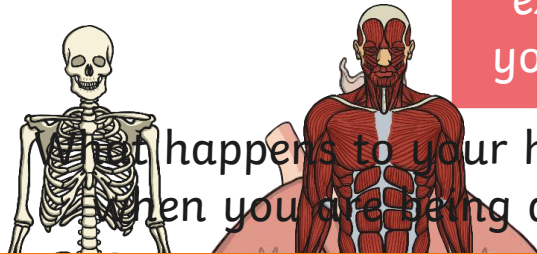
Joe Says...



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.



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.

Exercise helps your heart pump blood to your muscles so they can work better. Your heart has a strong pump that works well to pump your blood.



Why Do We Exercise?

Being active is good for our
It's good for our heart,
lungs, bones and muscles.
can learn better.



Why do we exercise?



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