

PSHE – HEALTHY ME

Lesson 1 – I can understand how exercise affects my body

I can set myself a fitness goal

- Make yourself active for 2 minutes – try 30 jumps, running on the spot for 30 seconds and repeat 4 times. **What has happened to your heart?**

Your heart is working hard to pump bloody around your body so that you muscles get the oxygen they need.

- How many types of sport and exercise can you think of? Can you think of more than 20? Which are your favourite?
- **What happens if you do too little exercise and eat too much?** You can become overweight. We need to balance our exercise and the amount of food we eat.



- Set yourself a fitness goal. Pick four exercise that you can do every day. For example – running round the garden, skipping, star jumps, burpees, line jumps... How long does it take you to run round your garden 8 times? How many star jumps can you do in 40 seconds? Record your score.
- Try to do these activities at least 3 times a week and try to beat your original scores by the end of lockdown.