

# EXERCISE

⑥ List some different sorts of exercise:

- ① Walking
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_
- ⑥ \_\_\_\_\_

Exercise your heart at least 3 times for 30 minutes each time every week

How does exercise help the heart stay healthy?

What exercise did you do last week to keep your heart healthy?

What exercise have you done this week so far?

What would you do next week to keep your heart healthy?

Why does the heart beat faster during exercise?

A child's heart pumps about 100-120 times every minute

What is a pulse?

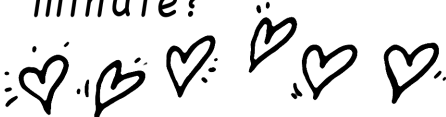
## CHALLENGE:

How many times does a:

① adult's

new born baby's

heart beat in 1 minute?



Exercise is one of the things we need every day to stay healthy. What other things does the body need?

- ① Exercise
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_
- ⑥ \_\_\_\_\_

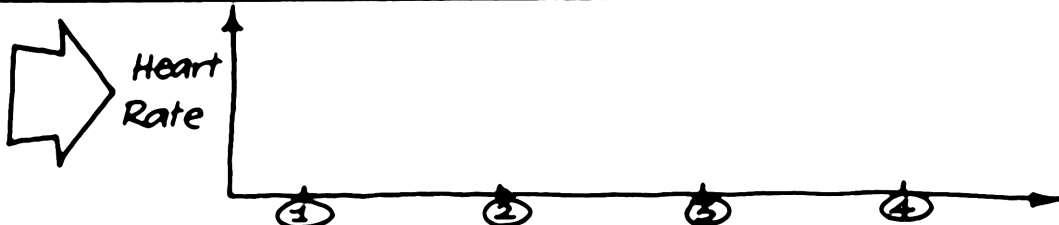
Graph your heart rate....

① Before exercise

② During exercise

③ 1 minute after exercise

④ 3 minutes after exercise



# Exercise

List some different sorts of exercise:

- ① Walking
- ② Running
- ③ Swimming
- ④ Playing
- ⑤ Dancing
- ⑥ Jumping

Exercise your heart at least 3 times for 30 minutes each time every week

How does exercise help the heart stay healthy?

What exercise did you do last week to keep your heart healthy?

What exercise have you done this week so far?

What would you do next week to keep your heart healthy?

Why does the heart beat faster during exercise?

A child's heart pumps about 100-120 times every minute

What is a pulse?

## CHALLENGE:

How many times does a:

① adult's 60-100

new born baby's 120-160

heart beat in 1 minute?



Exercise is one of the things we need every day to stay healthy. What other things does the body need?

- ① Exercise
- ② Food
- ③ Water
- ④ Sleep
- ⑤ Hygiene
- ⑥ Love
- ⑦ Shelter



Answers vary

The muscles + lungs are using more O<sub>2</sub> + nutrients so the heart beats faster.

Your heart rate - the number of times your heart beats.

Graph your heart rate....

1) Before exercise

2) During exercise

3) 1 minute after exercise

4) 3 minutes after exercise

