

LO: To describe the importance for humans of exercise

Thursday 11th February

Watch the Oak Academy Science lesson on the link and use this sheet to answer the questions.



Science vocabulary for today -

exercise *physical activity*

movement *important* *healthy* *strengthen*

What is exercise?

Why is it important to exercise?

1. _____
2. _____
3. _____
4. _____

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What is your *resting* heart rate?

Remember to find your pulse and count how many times your heart beats in 30 seconds and then double it, so that you know how many times it beats in 1 minute (60 seconds)

What is your heart rate *after* 1 minute's exercise?

Remember to jot down your pulse rate after 30 seconds and then double it to find beats per minute (60 seconds!).

What did you notice about your heart rate *after* exercise?

How often SHOULD we exercise? _____

How long SHOULD we exercise for? _____

Remember that exercise keeps both our bodies AND our minds healthy. Now that you know why it's so important to exercise, can you go and exercise properly now for 20-30 minutes? Maybe you could do a Joe Wicks workout!

Have fun!



Great job today!