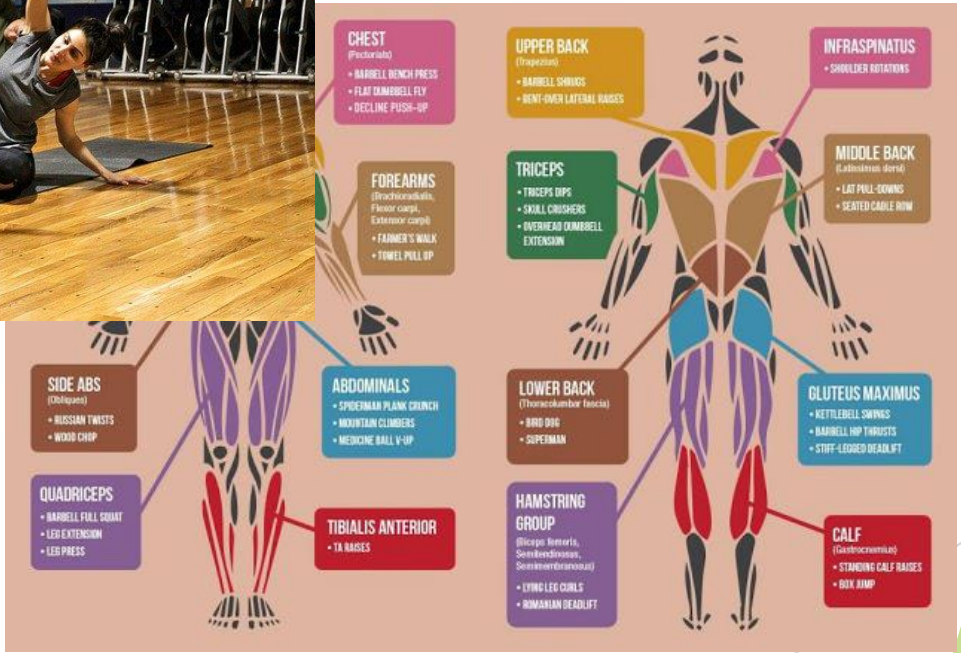
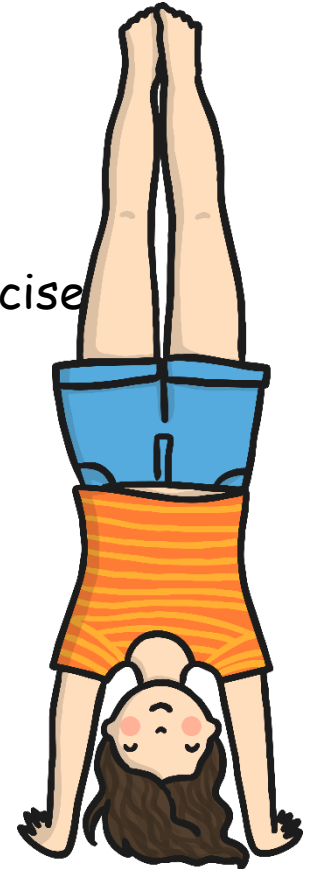


Muscles and exercise



Li: We are learning about the muscles and exercise

Success Criteria:
I understand how muscles work.
I recognise the importance of exercise.
I can create a poster.

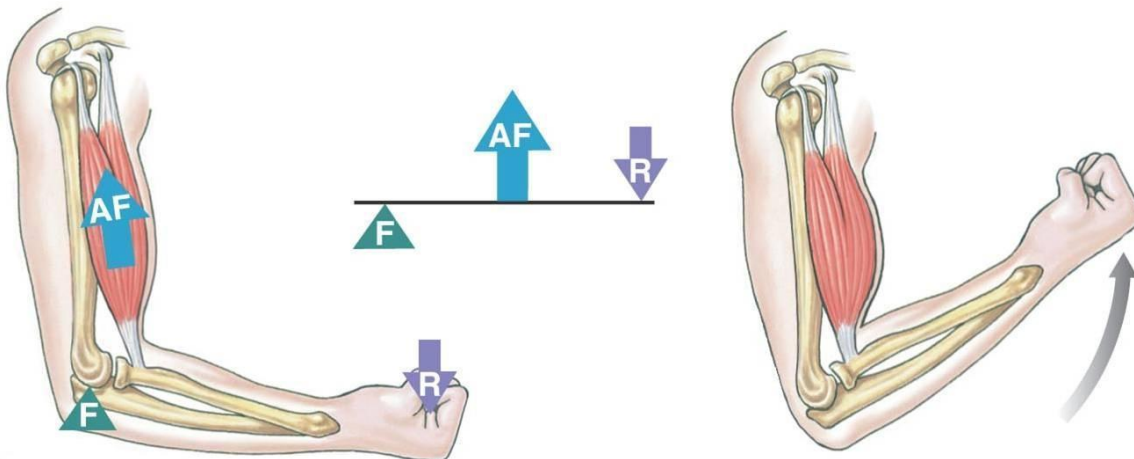


Muscles

- ▶ The muscles are attached the skeleton by tendons.
- ▶ Muscles can only 'pull' - this is called contracting.

Because of this muscles work in pairs.

One muscle contracts to move a limb and the other relaxes at the same time.



Why is exercise important?

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do.

What counts as exercise?

Be active every day and your body will thank you later!



Why is exercise important?

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do.

What counts as exercise?

football
basketball
dancing
push ups
yoga
martial arts

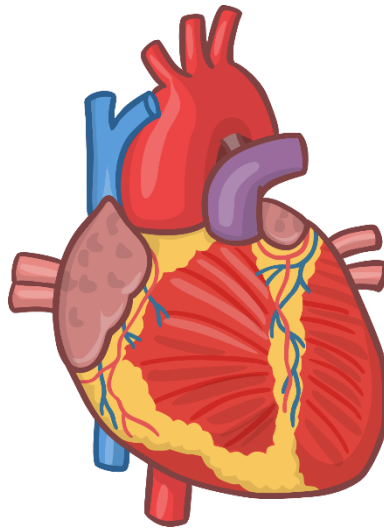
Can you think of any more?



Exercise Makes Your Heart Happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger.

Exercise can get your heart pumping, make you sweaty, and quicken your breathing.

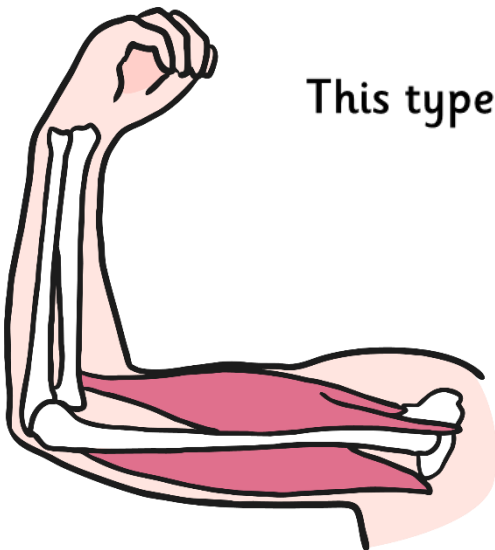


Your heart is a muscle!

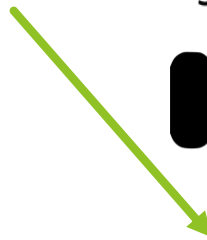
Exercise Strengthens Muscles

Exercise can also help make your muscles stronger.

By using your muscles to do powerful things, you can make them stronger.

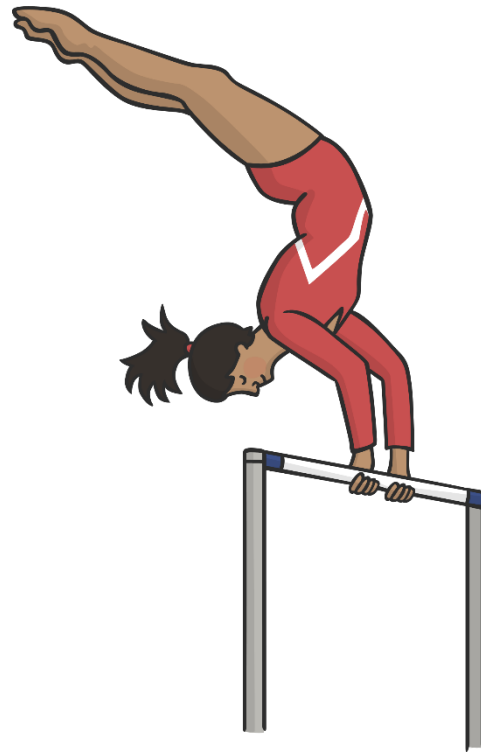


This type of exercise builds strength.



Exercise Makes You Flexible

Being flexible is having “full range of motion”, which means you can move your arms and legs freely without feeling tightness or pain.



Exercise Keeps the Balance

Your body needs a certain amount of calories from food every day just to function.

If you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.




Healthy foods are fuel for the body. Your muscles need food.


What healthy foods do you think we need?


Healthy food

A Balanced plate

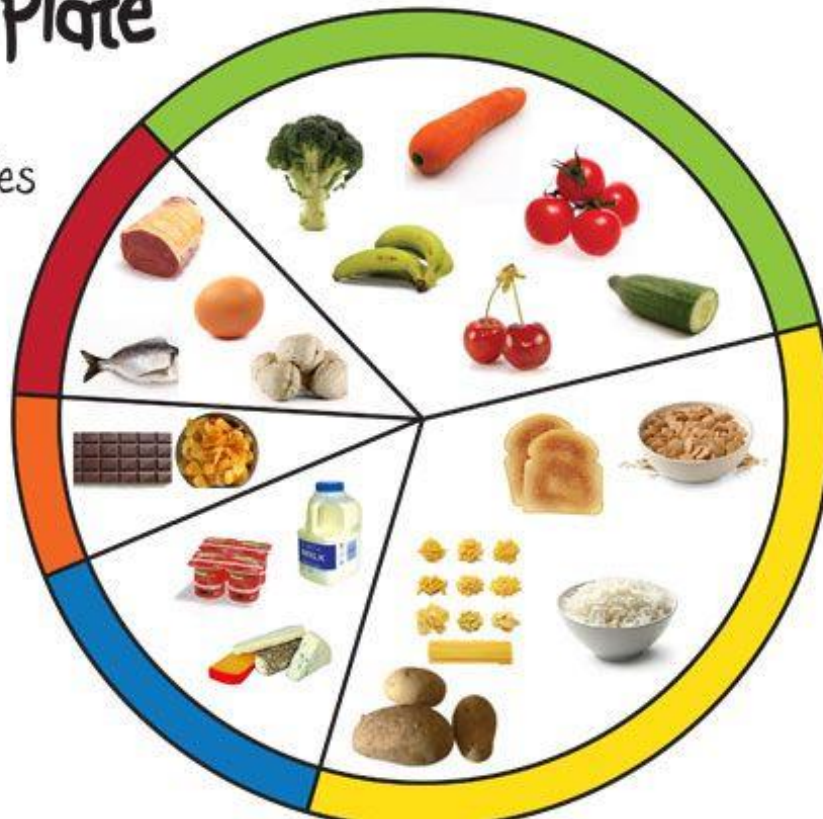
 Fruit and vegetables

 Grains, cereals
and potatoes

 Dairy products

 Meat, fish, nuts
and eggs

 Fats and sugars



A healthy balance of a variety of foods are important for strong bones and muscles.

Exercise Makes You Feel Good

Not only is exercise good for your body but it also makes you happier too!



Discussion Points

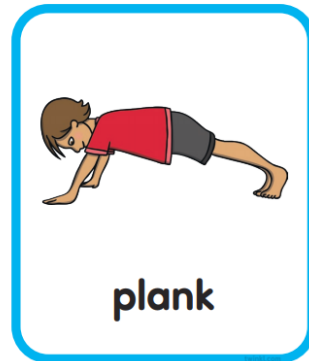
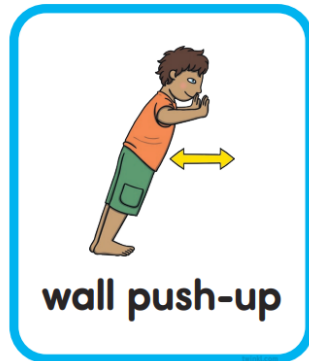
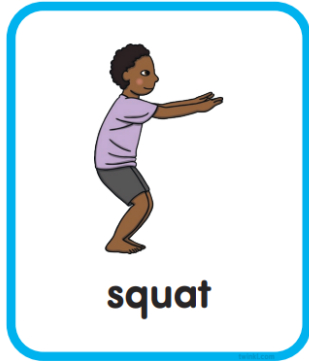
What do you do to exercise?

What else could you do?

Do you exercise every day?



Task 1: Try some of these moves. Can you feel which muscles are working hardest?



Point to the muscles you feel working. Show someone at home.



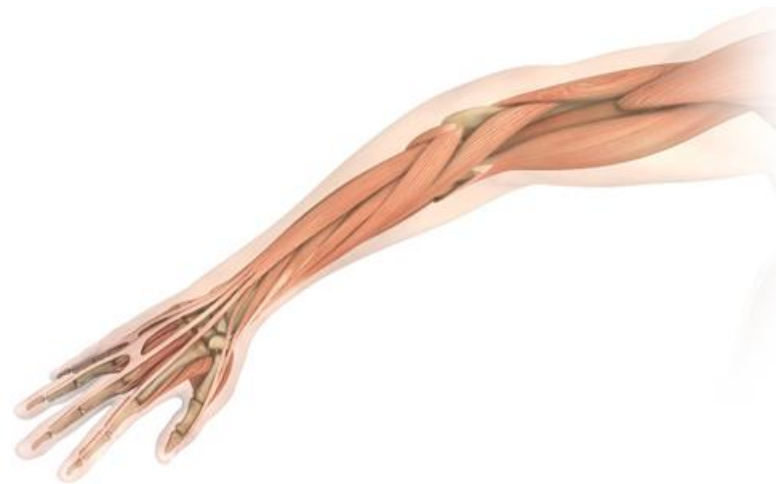
Time yourself. How long can you do it for before you get tired?

Task 2:

In your jotter, create a poster about muscles and exercise.

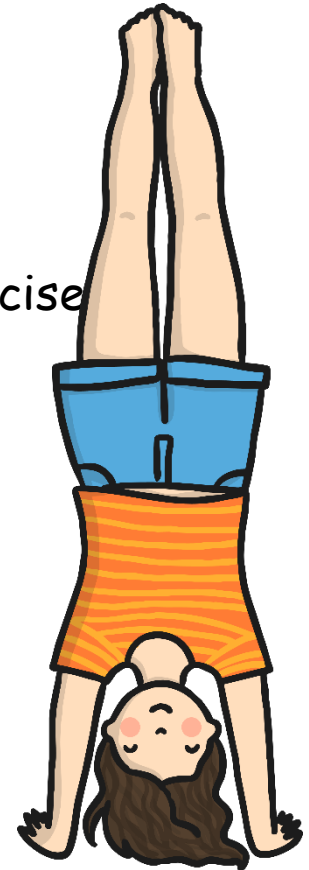
Add in some facts from this Powerpoint.

Don't forget to do some drawings!



Li: We are learning about the muscles and exercise

Success Criteria:
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THE END