

Top Tips from Joe Wicks

Why We Need to Exercise



© BBC 2007. All Rights Reserved. BBC Children in Need. 00002 and Standard no. 00000001



Official Education Partner



Why We Need to Exercise

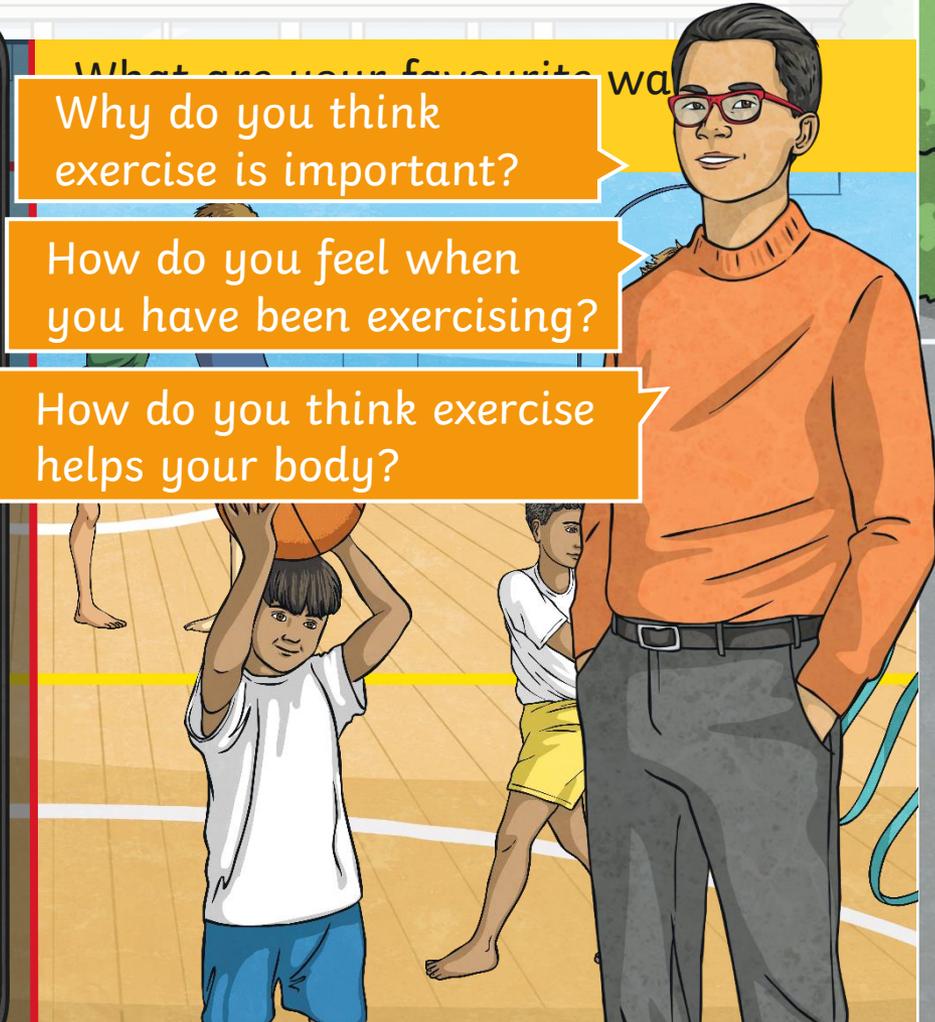


Moving and being active every day is very important. It helps you to feel happy and confident!

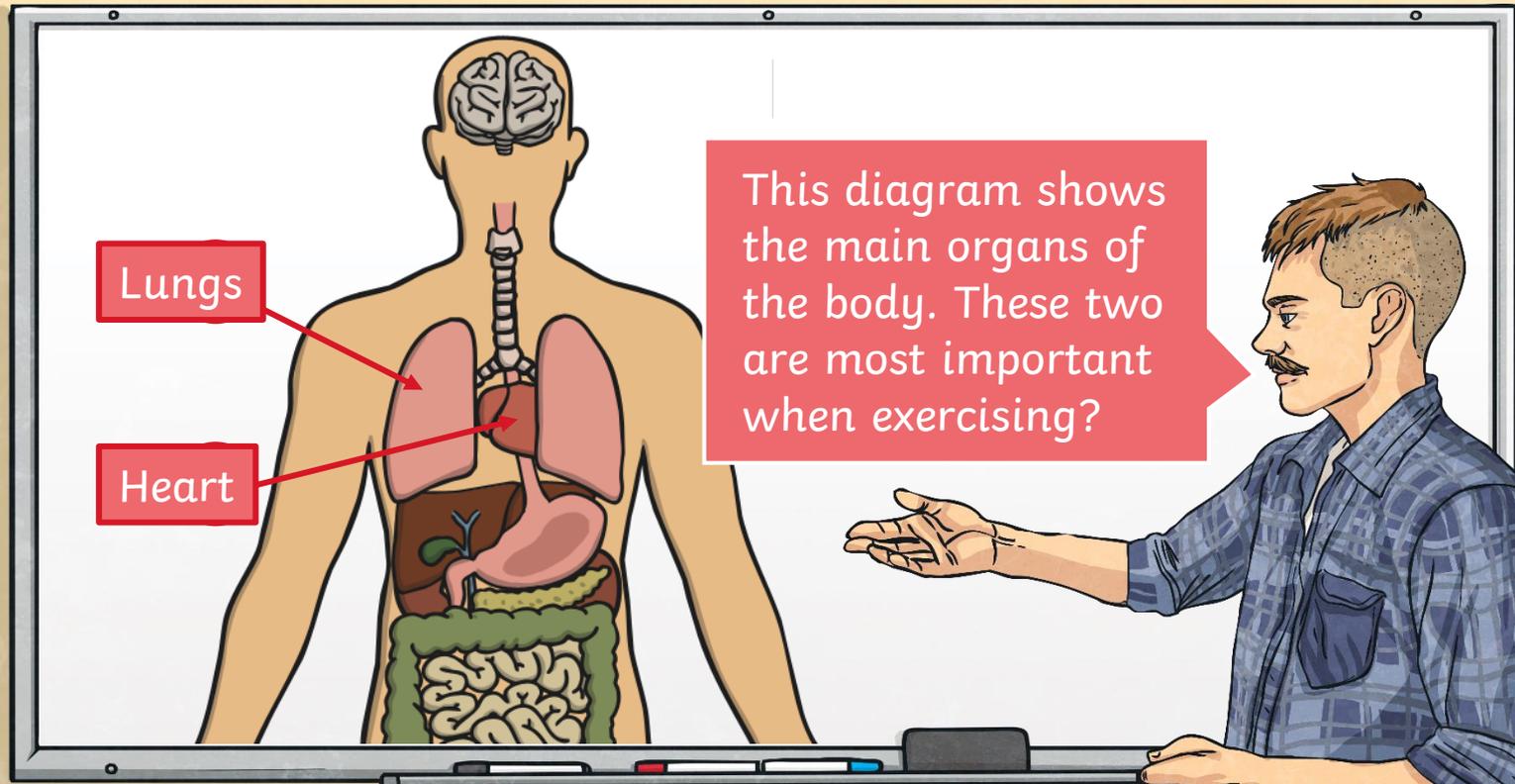
Why do you think exercise is important?

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 the body. These two are most important when exercising?

Lungs

Heart

Heart and Lungs

Exercise gets your blood pumping.

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

The heart pumps blood around the body to carry oxygen and other important things that the body needs.

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

The heart and the lungs are both vital organs.

Can you describe the important job that they each do?



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



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

We are now going to stand up and do quick marching on the spot for 40 seconds.

Make sure you have plenty of room.

Keep your back straight.

Lift your knees up.

Pump your arms.

Push your knees as high as you can.

How high can you lift your knees up?

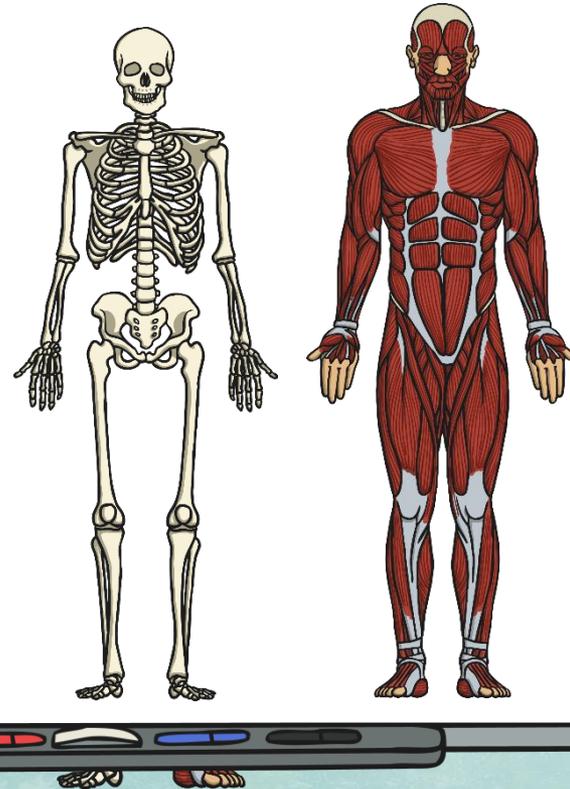
Bones and Muscles

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.

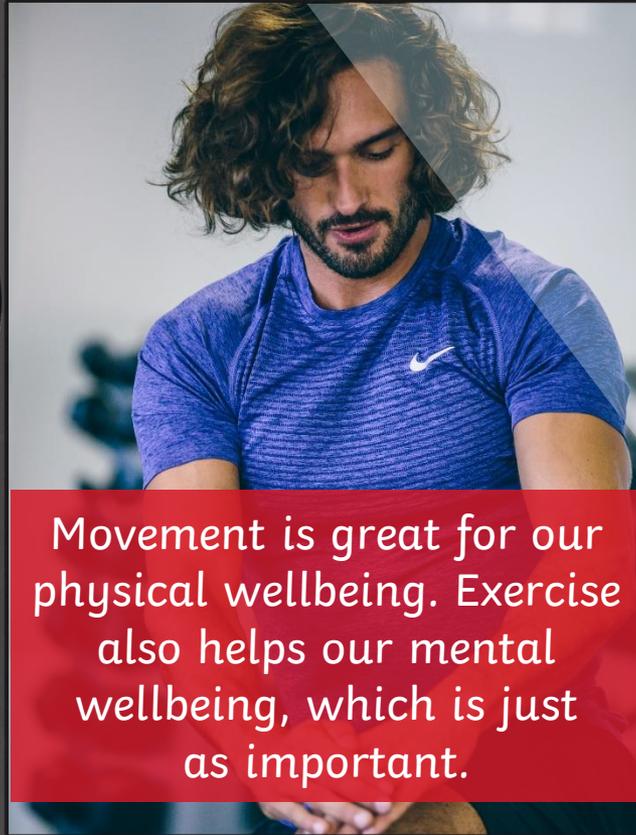
Movement helps people to concentrate better.

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.

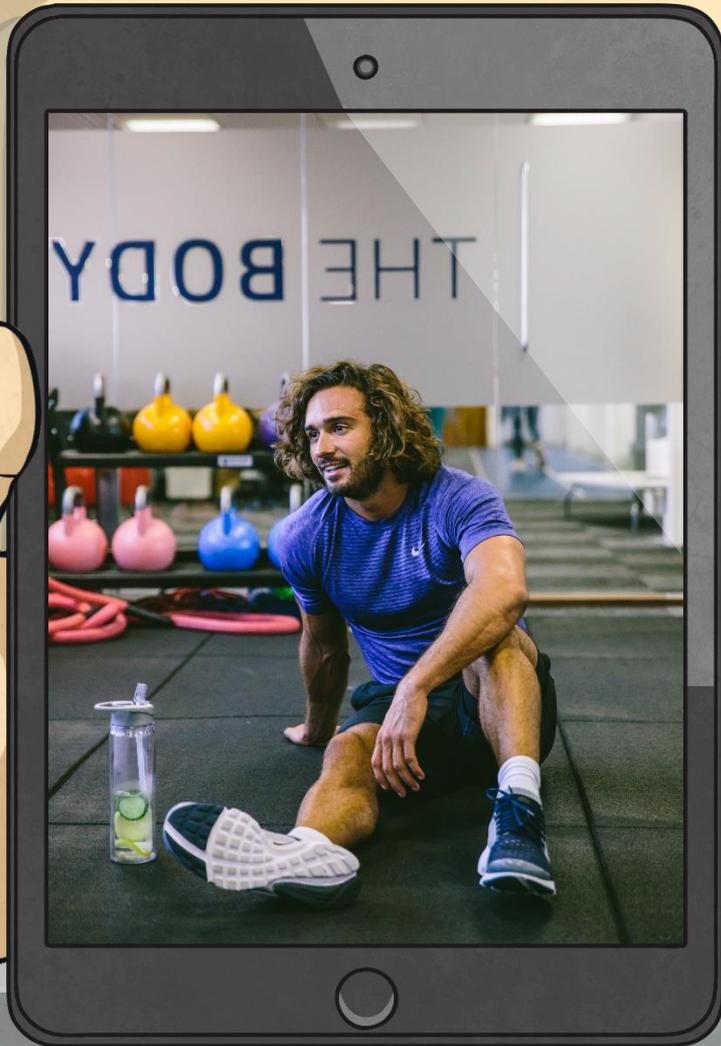
Being active helps people to have more energy to enjoy doing the things they love.



Many people feel more relaxed and positive after exercising.

It can help people to sleep better.

How Much Should You Exercise?



Being active everyday is really important.

You should try to be active for at least 60 minutes (or one hour) each day.

Remember: this doesn't have to be all in one go.

Were you active for at least 60 minutes yesterday?

Being Active

| | 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 | | | |

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



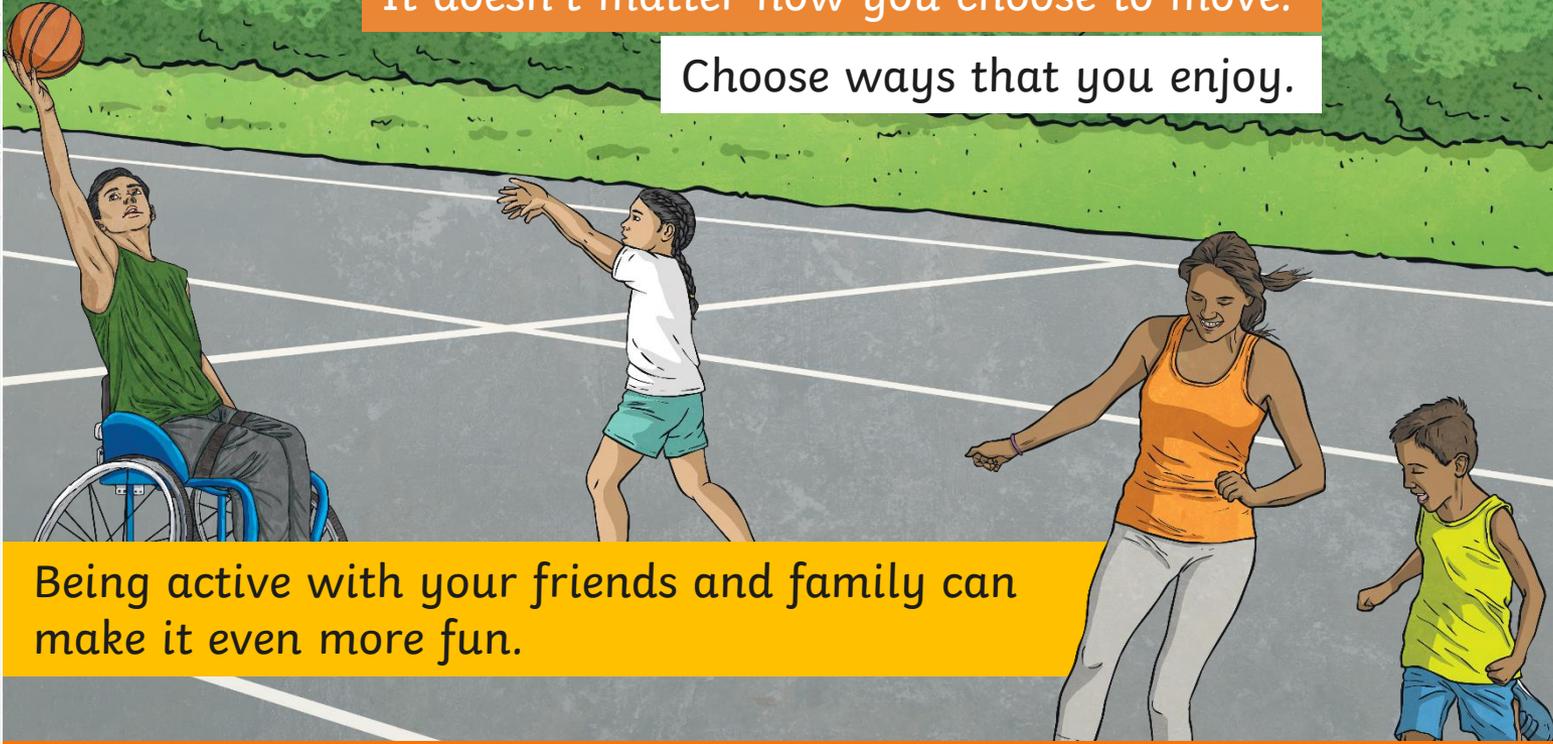
What other ways do you get active?

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.

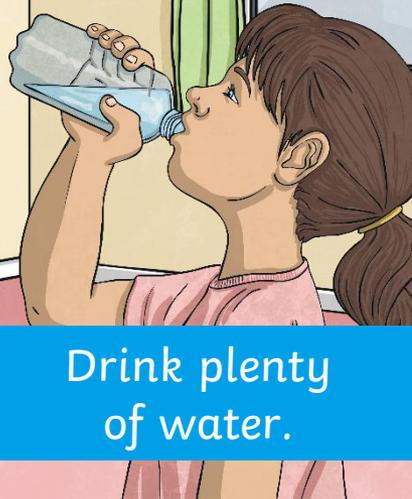
As well as exercise, what else can you do to help your body and mind to stay healthy?

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

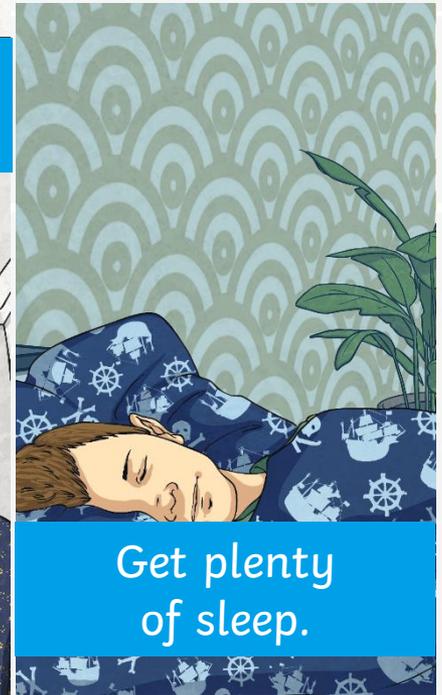
Eat a
balanced diet.



Keep your body
and teeth clean.



Drink plenty
of water.



Get plenty
of sleep.