

## Exercise

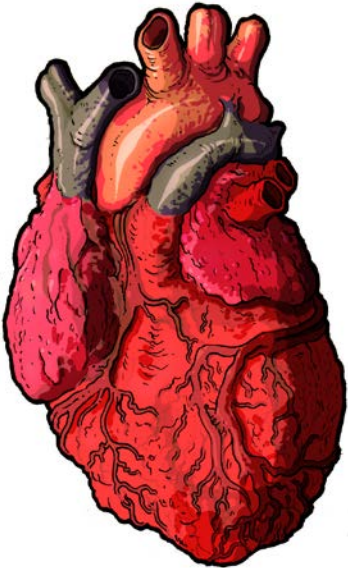
Exercise is very important. It helps you to stay fit and healthy so you should try to do **regular** exercise.

### Health and Fitness

When we exercise, our heartbeat gets faster. This means that more blood can **travel** around the body.

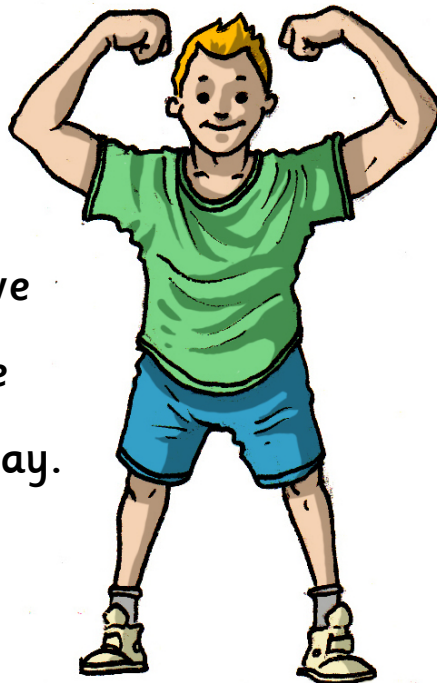


The blood helps our muscles to work harder. This makes our muscles stronger. Stronger muscles give us more **energy**.



### Regular Exercise

Exercise is so important that we should try to do a lot of it. We should try to be **active** every day.



## Fun

Exercise can be lots of fun **especially** if you find something you love to do. You could try swimming, football, dancing, skipping and lots more. What sort of exercise do you like best?



## Challenge

If you do not enjoy sports then you could try a **challenge**. Pick something new and ask a friend to join you. You could find your new favourite hobby!



## Share

Now that you know a lot about exercise you should share your learning with your friends and family. Tell them why exercise is so important and **encourage** them to try a new **challenge**.

Be fit. Be healthy. Be **active**.

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Exercise – Y1s/Y2e (Orange/Turquoise) – Text

Like this? Find more differentiated Exercise resources

[here](#).

## Exercise – Follow-Up Work

Why is exercise important?

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What happens to our heart when we exercise?

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What do you think would happen if we didn't exercise?

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Is this a fiction or non-fiction text? How do you know?

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Can you identify three headings in the text?

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What does a heading tell us?

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What does the author suggest we try if we do not enjoy sports?

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Why do you think learning about exercise is important?

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## Exercise – Vocab 1

Match the words to their meaning.

regular

very much so

energy

persuade or support

especially

strength or fuel to be active

encourage

often or lots of times

Write the meaning of these words.

travel \_\_\_\_\_

active \_\_\_\_\_

challenge \_\_\_\_\_

## Exercise – Vocab 2

Find your newly learned words in this word search.

p	r	e	l	a	t	o	c
e	m	h	e	n	c	e	h
n	n	f	k	d	o	b	a
e	e	t	r	a	v	e	l
r	e	g	u	l	a	r	l
g	x	t	a	r	e	j	e
y	p	h	r	i	n	n	n
m	b	n	e	r	a	c	g
s	u	a	c	t	i	v	e

energy

active

regular

challenge

travel

## Exercise – SPAG 1

Can you add the missing words to the sentences below?

Exercise is \_\_\_\_\_ important.

It helps you to stay fit and \_\_\_\_\_ so you should try to do regular exercise.

We should try to be active every \_\_\_\_\_ .

The commas in the list below have disappeared! Can you add them back in the correct places?

You could try swimming football dancing skipping and lots more.

Can you write a list of your favourite sports using commas in the correct places?

For example: I like hockey, netball, rugby and running.

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## Exercise – SPAG 2

There are two conjunctions listed below. Can you put them back in the correct places in the sentences?

and

so

It helps you to stay fit and healthy \_\_\_\_\_ you should try to do regular exercise.

Pick something new \_\_\_\_\_ ask a friend to join you.

Can you use these conjunctions to write your own super sentences?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

## Exercise – Oral Teacher Questions

Why is exercise important? **It helps to keep us fit and healthy.**

What happens to our heart when we exercise? **It beats faster/it pumps more blood around our body.**

What do you think would happen if we didn't exercise? **Sensible answers – e.g. We would not be fit and healthy.**

Is this a fiction or non-fiction text? How do you know? **Non-fiction – information/real/not a story/not made up etc.**

Can you identify three headings in the text? **Health and Fitness/Regular Exercise/Fun/Challenge/Share.**

What does a heading tell us? **Headings tell us what the next part of the text is about.**

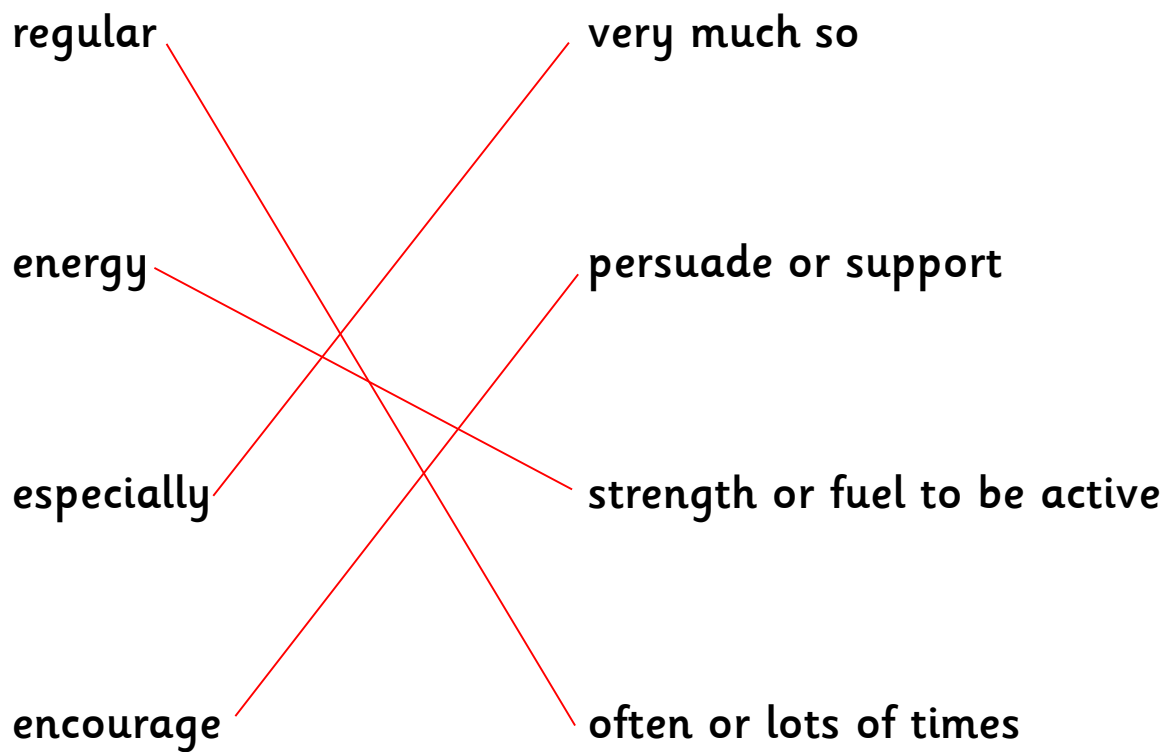
What does the author suggest we try if we do not enjoy sports? **We should try a challenge/try something new.**

Why do you think learning about exercise is important? **Sensible answers – e.g. helps children to understand that we need to exercise to stay fit and healthy/helps us to learn how to look after our bodies.**



## Exercise – Vocab 1

Match the words to their meaning.



Write the meaning of these words.

travel – **to go somewhere**

active – **to move around**

challenge – **a hard task**

## Exercise – Vocab 2

Find your newly learned words in this word search.

p	r	e	l	a	t	o	c
e	m	h	e	n	c	e	h
n	n	f	k	d	o	b	a
e	e	t	r	a	v	e	l
r	e	g	u	l	a	r	l
g	x	t	a	r	e	j	e
y	p	h	r	i	n	n	n
m	b	n	e	r	a	c	g
s	u	a	c	t	i	v	e

energy

active

regular

challenge

travel

## Exercise – SPAG 1

Can you add the missing words to the sentences below?

Exercise is **very** important.

It helps you to stay fit and **heathy** so you should try to do regular exercise.

We should try to be active every **day**.

The commas in the list below have disappeared! Can you add them back in the correct places?

You could try swimming, football, dancing, skipping and lots more.

Can you write a list of your favourite sports using commas in the correct places?

For example: I like hockey, netball, rugby and running.

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## Exercise – SPAG 2

There are two conjunctions listed below. Can you put them back in the correct places in the sentences?

and

so

It helps you to stay fit and healthy **so** you should try to do regular exercise.

Pick something new **and** ask a friend to join you.

Can you use these conjunctions to write your own super sentences?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_