



The importance of exercise.

Moving and being active every day is very important. It helps you to feel happy and confident! Exercise is defined as being physically active and working your body at a greater intensity than normal; exercise raises your heart rate and body temperature and works your muscles too. Most people think that exercise means going to the gym, but for children this is not the case. For children, this means just being physically active whilst playing activities such as tag in the playground, playing football at lunch, and walking to school. You probably do a lot more exercise than you realise!

How much exercise should children be doing?

For children aged 5 - 18 years old, it is important that they participate in **aerobic exercise**, for **at least 1 hour a day**, which includes activities that will strengthen muscles and bones.

Aerobic exercise: Brisk exercise that promotes the circulation of oxygen through the blood and is associated with an increased rate of breathing. Examples include running, swimming, and bicycling.

What type of exercise should children be doing?

You should be trying to minimise the time you spend sitting down watching TV, playing video games and playing on your mobile phones. Children can complete their daily amount of exercise needed by playing games and running at lunch time, taking part in extracurricular activities and by walking/cycling to school. All of these are good and easy ways of making sure you are staying active whilst having a good time.

***Top Tip:** Do exercise that you find fun! If the activity you are taking part in is fun and enjoyable, you are more likely to take part in it again!*

Aerobic exercise:

- Skateboarding or rollerblading
- Dancing to music
- Playing tag or jumping rope
- Basketball or volleyball
- Biking
- Tennis, hockey, or soccer
- Swimming
- Cheerleading or gymnastics

Muscle strengthening:

- Climbing a rope, rocks, or trees
- Running or rowing
- Push-ups, pull-ups, or sit-ups
- Tug-of-war
- Gymnastics or cheerleading

Bone-strengthening:

- Jumping rope, hopping, or skipping
- Running
- Hiking
- Gymnastics, basketball, volleyball, or tennis

Stretches:

- Yoga
- Martial arts
- Dance
- Gymnastics

Benefits of exercise

There are many benefits of daily exercise daily as it:

- Helps strengthen your bones and muscles.
- Keeps your heart and lungs healthy.
- Increases self-confidence and belief.
- Helps keep your mental state of mind healthy.
- Helps you to make new friends.
- Learning new skills.



YOUR TASK: Let's get active! Complete the exercise log for a week. At the end, reflect on how you feel. Has doing your exercises each day boosted your mood? You can use the template below or create your own in your jotter.

Example exercises are also included to help you get started.



	During School Hours	Out of School Hours	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.



Running and Punching

1. Run on the spot.
2. Punch your hands forwards at shoulder height.
3. Keep your knees high.
4. Stretch your arms and punch your hands.



Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!



Reflection:

The daily exercises made me feel...

I think exercise is important because...
