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# Top Tips from Joe Wicks

## Why We Need to Exercise



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Official Education Partner



# Aim

- To understand the importance of exercise.

## Success Criteria

- I can talk about some of the benefits of exercise.
- I know that exercise is part of staying healthy.
- I know how much activity I should try to complete each day.
- I can talk about some of the ways that I can be active.

# Why We Need to Exercise

Can you think of some different ways that you like to exercise and be active?



Exercising can be great fun!



# Why We Need to Exercise

## Rules

As well as being lots of fun, exercise is really important for your amazing body.

Discuss with a partner how your body feels now you have been sitting down for a while.





# Why We Need to Exercise



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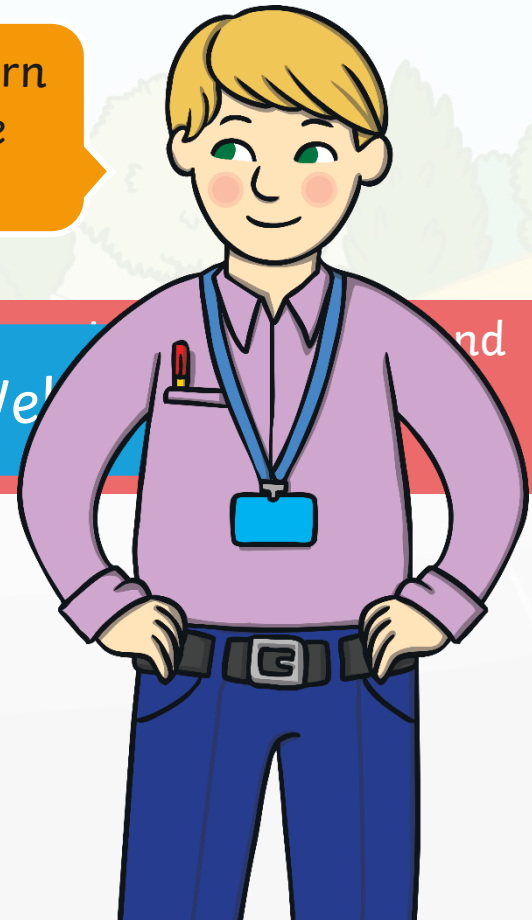
We are now going to learn more about how exercise helps our bodies.

Start

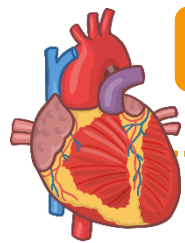
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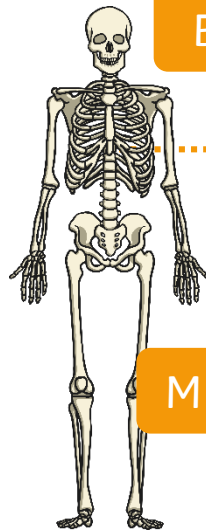
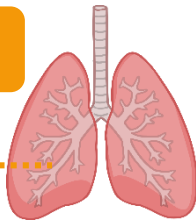


# Your Body



Heart

Lungs



Bones



Muscles

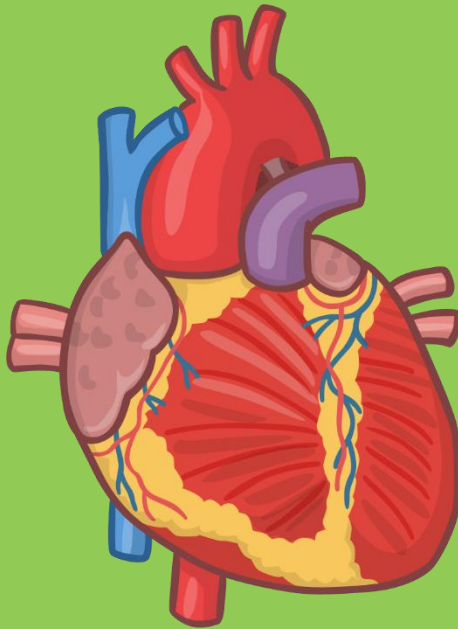
Here are some

Can you identify what each one is?

Were you right?

# Your Body

Did you know that your heart is a muscle?



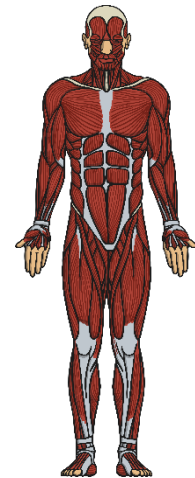
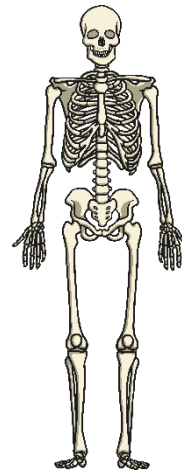
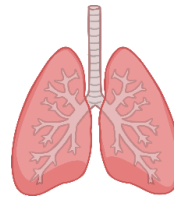
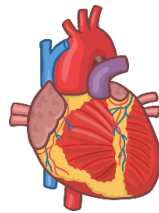


# Help Your Body



Exercise is  
important for your  
amazing body!

How do you think exercise helps these  
parts of your body?



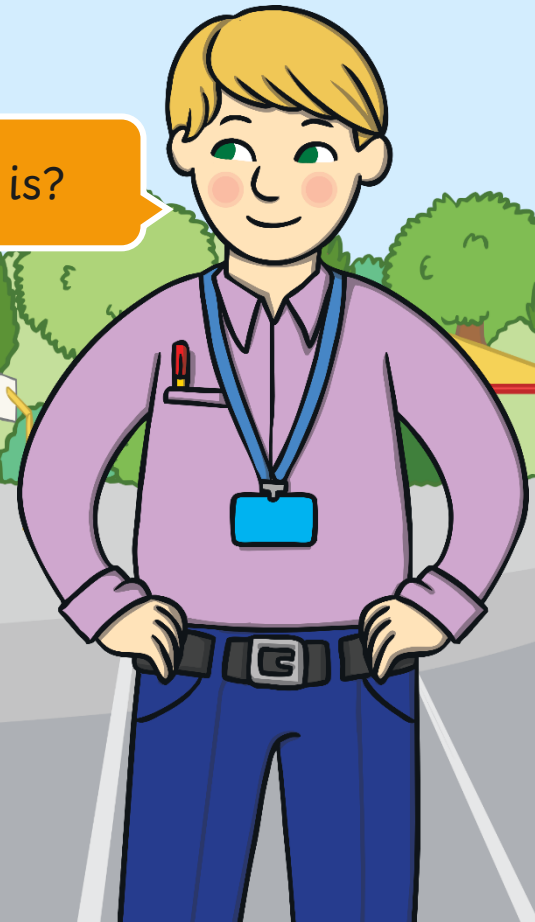
are being active.

# Another Important Part

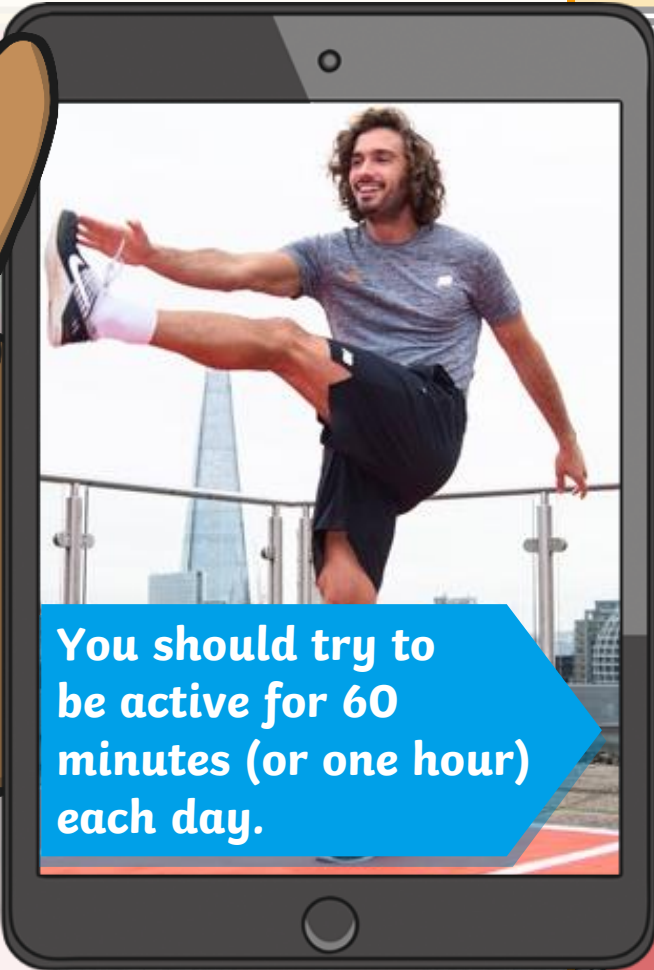
very important part of your body.

think what it is?

Exercise helps your brain to concentrate so that you can learn better.



# How Much Should You Exercise?



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

...ve every day is important.



...think you should each day?

45 minutes

60 minutes

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

# How Much Should You Exercise?



What ideas did you have?

With a partner, think of different ways you can be active and exercise. How many can you think of in 40 seconds?





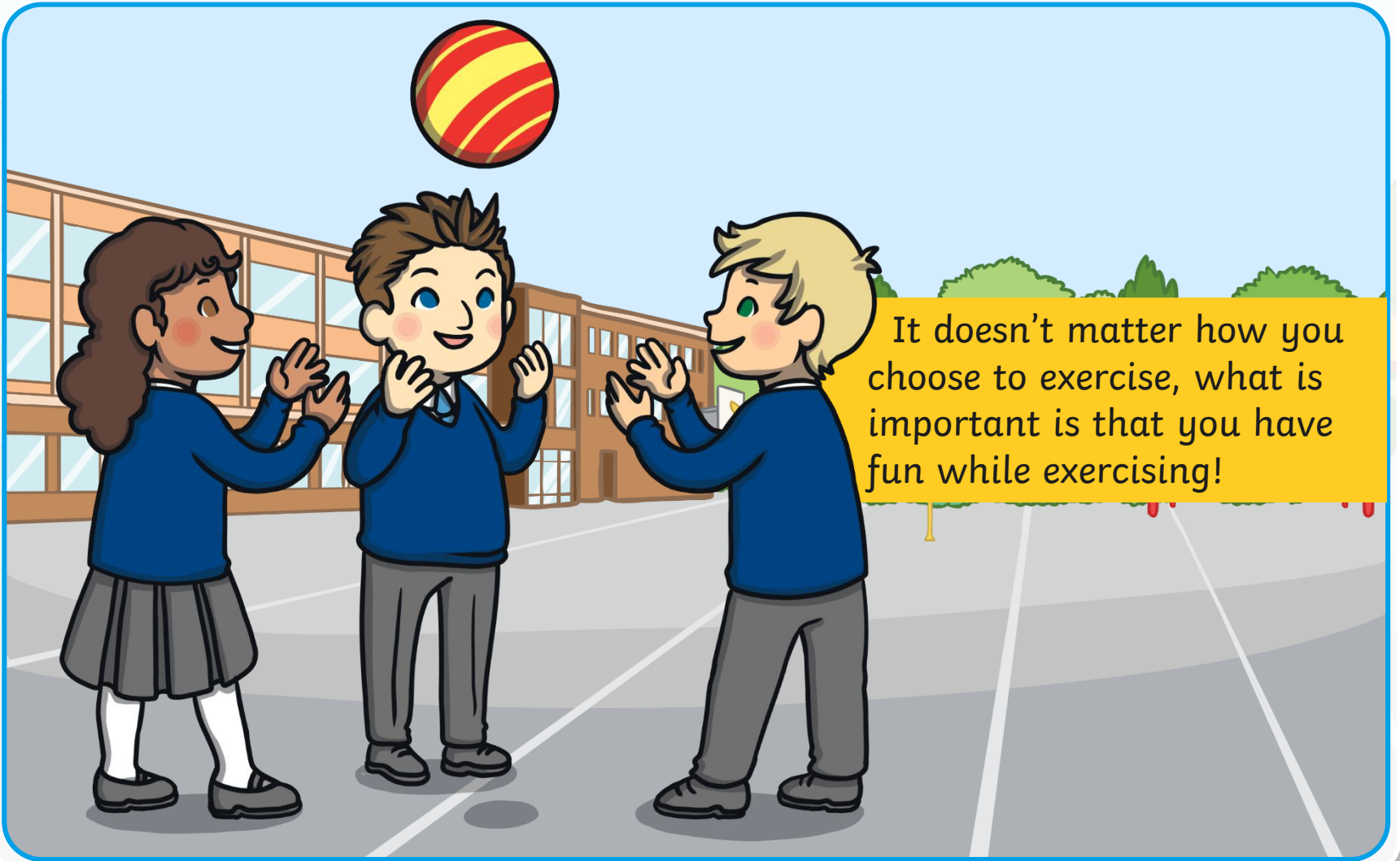
# Ready, Set, Go!

What other ways did you think of?





# Have Fun!



It doesn't matter how you choose to exercise, what is important is that you have fun while exercising!

# Staying Healthy

Moving and being active is an important part of staying healthy.

Staying healthy means looking after your body and mind so that they can do all of their important jobs.

What other things can you do to help your body and mind to stay healthy?



Eat a  
balanced diet.



Drink plenty  
of water.



Keep your body  
and teeth clean.



Get plenty  
of sleep.

# Reminder - Why Do We Exercise?

Why do we exercise?



Exercise helps to keep our body healthy.

It's good for our heart, lungs, bones and muscles.

Activity is good for our brain and helps us to concentrate so that we can learn better.

Being active, moving, getting exercise, playing sports and games are fun and can help make us happy!

# Joe Says....



Let's now try one of my 5 minute workouts.  
Can you do one each day to stay healthy and happy!

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