

## Science

LI: To understand the importance of exercise.

Watch and discuss the Main PowerPoint.

Encourage your child to think of different types of exercise.

Choose 3 simple exercises, e.g. running on the spot, jumping, skipping, bending down, arm twirls. Explain that they will investigate how their bodies feel before and after exercise.

Think of what can happen to your body when you exercise.

Hard to fill in the worksheet.

Medium to choose one option from symbol sentences.

Easy to discuss the possible effects with an adult. Parent to scribe how their child feels before starting the exercises.

*Worksheet Before and after exercise.*

Encourage your child to take part in 3 different types of exercise for 30 sec-1min each.

After exercises: Discuss how your child's body felt after completing chosen exercises.

Were his/her predictions correct?

Easy: Choose symbols to describe how their bodies felt after exercise and stick them on the worksheet *Before and after exercise*.

Medium: Check chosen predictions. Copy- write appropriate symbol sentences. Use the worksheet *After the exercises*.

Hard: Write down how your body felt after the exercise. Use the worksheet *After the exercises*.