


Today we will be starting our topic of 'human survival' and thinking about the different things that we all need to stay alive!

Do you know any of the things we need to do/have to stay alive?



Exercise is one way that us, as humans stay healthy and alive! Exercise is very important for our health. Along with eating healthily, it is one of the most important ways to live longer, and enjoy a better quality of life!

<http://www.bbc.co.uk/learningzone/clips/importance-of-fitness/2268.html>

Watch these videos to see the importance of exercise!

<http://www.bbc.co.uk/learningzone/clips/exercise-and-sports-children-can-do-to-keep-fit/6650.html>

Regular exercise is important not only for our health, but there are three main benefits of taking part in regular exercise.

### Stamina

Exercise helps to build up our stamina. These means we can do physical activities like sports or our jobs better, and for longer, without taking breaks.



### Flexibility

This is where we are able to stretch our muscles. This can help prevent back problems, injuries and helps us keep balance!

### Strength

Exercise not only helps us build big muscles! Strength in our muscles allows us to again prevent injury and keeps us moving for longer as we get older!!



Check out my video on Seesaw - it should be in your journal to find out how our class like to stay fit!  
Thursday's Activity is to put the results into a tally chart!

<u>Exercise</u>	<u>Tally</u>	<u>Total</u>
Swimming		
Running		
Football		
Gymnastics		
Cycling		

