

Lesson 3: Exercise

Theme	Area of Learning	Key Concepts
Explore the benefits of exercise.	<ul style="list-style-type: none"> English – Listening and Speaking Health and Physical Education (HPE) EsseNTial Learnings 	<ul style="list-style-type: none"> exercise Physical activity Health benefits Body temperature Perspiration Heart rate Breathing

Nominal Duration: 3 x 40min lessons

NT Curriculum Outcomes:

English: L/S 1.1

HPE: PA 1.1, 1.3

EsseNTial Learnings: Col 1

Learning Experiences:

Teaching Point

Explain to students that this lesson is about exploring what happens to our bodies when we exercise and the benefits of exercise.

Brainstorm – What is exercise?

Students brainstorm what they know about exercise. Arrange information into the following areas:

- Types of exercise eg running, playing sports, swimming, walking, dancing
- Changes in body eg sweaty, breathe fast, legs hurt, big muscles
- Health benefits eg good for you, makes your body stronger, makes you feel good

Teaching Point – Benefits of Exercise

Discuss with students the benefits of regular exercise:

- Stronger muscles and bones
- Less likely to become overweight
- Body uses the food you eat for fuel
- Lower the risk of disease
- Sleep better
- Feel good

Discuss with students that another name for exercise is physical activity.

Activity – Engage in exercise

Materials: student worksheets, skipping ropes, music

Students draw a picture of how they are feeling at this moment. Then take children out for 30mins of skipping to music in the form of:

- Individual skipping
- Long rope skipping
- Skipping relay races
- Fast and slow skipping
- Skip freeze (skip to the music and when it stops the students need to freeze)

Return to the classroom and give students the opportunity to have a big drink before they return to their desks.

Students then draw a picture of how they are now feeling after exercise (aim is for students to identify changes in their body eg thirsty, hot, sweaty, happy, tired)

Sit the students in a circle on the floor and present their pictures to the class saying, 'before exercise I felt.....and then after exercise I felt.....'

Teaching Point – Changes in our bodies after exercise

Show students a picture or model of the human body identifying the heart and lungs. Explain to students the following points in order:

1. When you exercise you are working your muscles harder than they usually work
2. Your lungs need to work harder and faster to take in more air so you breathe faster
3. Your heart beats faster to pump the blood around your body
4. Your body gets hotter when you exercise because all these things are happening inside it
5. Your skin perspires (sweats) when your body heats up, so that it can cool itself down
6. Perspiration (sweat) is water coming from your body, so it is important when we exercise that we drink lots of water so that our body can make enough sweat to cool us down.

Assessment Task

Students draw a picture of themselves exercising and having fun

Extension Activities

- Explore the elements of fitness (endurance, strength and flexibility)
- Have students participate in 30 mins of physical activity per day
- Students participate in aerobic exercise such as basketball, soccer, swimming, tennis, running, walking, cycling
- Students participate in strength exercise such as push ups, sit ups, climbing, pull ups
- Students participate in flexibility exercise such as stretching, reaching
- Explore how much time students spend being sedentary (watching TV, playing computer games and video games) – is it more than the recommended 2 hour maximum per day?
- Create a fitness program for your students – test their fitness (endurance, strength and flexibility) at the start, during and at the conclusion of the program. Was student fitness improved?
- Explore nutrition and the concepts of ‘food is fuel’ and ‘you are what you eat’

Related Links

<http://www.arafuragames.nt.gov.au/>

Engage in Exercise Worksheet – students draw a picture of how they are feeling before and after exercise

Student Name:

Before exercise I feel.....

After exercise I feel.....

Assessment Task – Students draw a picture of themselves exercising and having fun

Student Name: _____

**This is a picture of me doing exercise
and having fun.**