

Healthy Me

Fitness and heart health

I know that my heart pumps blood around my body.

I know that physical activity makes my heart beat faster.

I know that physical activity keeps me healthy.

I know that physical activity makes me breathe faster and harder.

I know that physical activity might make me get out of breath and I will get hotter because my heart is pushing my blood around my body faster.

Mental health

I know that I can play and learn skills with my friends.

I know that it can make me feel happy.

Concentration

I know that regular physical activity is great for my brain as well as my body.

Sleep

I know that physical activity can help me sleep better at night.

Long term benefits

I know that physical activity is important throughout my life as it will keep me healthy as I get older.

I know that physical activity makes my bones and heart stronger.

