

Healthy Me

Fitness and heart health

I know that the heart is a muscle about the same size as my fist.

I know that my heart needs to be exercised regularly to keep it healthy.

I know that my lungs breathe in oxygen and breathe out carbon dioxide.

I know that my muscles need oxygen.

I know that as I exercise, my muscles are working harder which means they need more oxygen, so I have to breathe harder and faster.

I know that my body makes carbon dioxide and I make more of this as I exercise.

Mental health

I know that physical activity allows me to develop my social skills so that I can make stronger friendship groups.

I know that physical activity can help reduce my worries.

Concentration

I know that physical activity can help me focus on my school work because it is good for my brain as well as my body.

Sleep

I know that physical activity can 'keep me awake' during the daytime so that I sleep better at nighttime.

Long term benefits

I know that physical activity as a child and later, helps me have a healthier body. It will mean that my heart and lungs are exercised regularly to keep them working effectively.

I know that physical activity makes my heart, lungs and bones healthier now and later on in life when I'm an adult.



