

Healthy Me

Fitness and heart health

I know that my heart pumps oxygenated blood from the lungs to my working muscles. The rate of this increases as the intensity of my exercise increases.

I know that my heart pumps deoxygenated blood from the muscles back to the lungs.

I know that aerobic exercise involves continuous movement fuelled by oxygen from the air we breathe.

I know that anaerobic exercise involves short bursts of high-intensity movement fuelled by energy stored in our muscles.

I know our muscles need oxygen to work during physical activity. As we are more active, we get fitter.

I know our lungs get better at taking in oxygen from the air.

I know our hearts get stronger and better at pumping oxygen to our muscles through our blood.

I know that muscles are working hard when I exercise, so my body needs more oxygen therefore my breathing rate has to increase.

I know our bodies need oxygen when we exercise. We take in oxygen through our lungs. Our heart pumps blood all around the body, which carries oxygen to where it is needed.

Aerobic respiratory system

I know that the aerobic respiratory system is responsible for producing the majority of our energy while our bodies are at rest or taking part in low-intensity exercise for long periods of time such as jogging or long-distance cycling.

Anaerobic respiratory system

I know that the anaerobic respiratory system supplies energy very quickly for sports such as vaulting in gymnastics or throwing a javelin where the activity only lasts a few seconds. This system breaks down glucose into lactic acid. Glucose is derived from carbohydrates. It produces energy very quickly.

The anaerobic systems require oxygen to restore them which is called an oxygen debt. After taking part in exercise, a person continues to breathe more deeply and rapidly than when at rest to take in additional oxygen to repay this oxygen debt.

Mental health

I know that physical activity is one way we can look after our mental health. When we exercise, our bodies release chemicals which make us feel good. These chemicals are called endorphins. Physical activity releases endorphins in our body that makes us feel good.

I know that people report that they feel calm and have a sense of well-being after they exercise.

Concentration

I know that exercise also causes more blood to flow to my brain helping it to work better.

I know that physical activity makes my body release more of the chemicals which make it easier to focus and even concentrate more with my school work!

Sleep

I know that moderate to vigorous physical activity makes us breathe harder and our heart beat faster. After this type of physical activity, we find it easier to fall asleep at night.

I know that physical activity produces endorphins which help to reduce sleep problems.

Controls Weight

I know that people who have a sedentary lifestyle, tend to be taking in more calories than are needed. These unused calories accumulate as fat. Someone who is physically active may have a deficit of calories, which takes fat away and lowers weight. Decreased weight is good for the heart.

Regulates Blood Pressure

I know exercise can reduce stress levels. As the levels of stress in a person's body subsides, their blood pressure and risk for heart disease decline.

Boosts Energy Levels

I know regular exercise often makes people feel more energetic, allows them to be more active, and reduces the likelihood that they'll tire during the day.

Long term benefits

I know that physical activity will help reduce the chance of getting many illnesses and diseases such as heart disease, weak bones and diabetes.

Helps Keep Arteries and Veins Clear

I know that physical activity helps keep my arteries and veins clear so that blood can travel through them faster and more easily.

Reduces Blood Sugar Levels

I know physical activity prevents sugar from building up in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy, this can lead to type 2 diabetes.

Strengthens Bones

I know that as muscles grow stronger when physically stressed, bones also respond by getting stronger.

