



## Benefits of exercise

	Learn about different types of exercise and their benefits to our health	Put the students to four groups, ask each group to prepare a short presentation about each type of exercise, its benefits and types of exercises . Give time to prepare the presentations and to show them to the rest of the class.	There are different types of exercise. In four groups prepare a short presentation about each exercises and their benefits.	25 min	
Wrap-up	To stress the importance of the exercise	Ask the students to work in groups of four to design a poster advertising the sports day.	Prepare a poster inviting students for a sports day at your school.	5 min	

Sources:

<http://well.blogs.nytimes.com/2011/06/22/to-stretch-or-not-to-stretch/>

<http://sportsmedicine.about.com/cs/flexibility/a/aa022102a.htm>

<http://www.acefitness.org/acefit/healthy-living-article/60/3248/to-stretch-or-not-to-stretch/>

<http://healthyliving.azcentral.com/three-different-types-exercises-benefits-15617.html>

<http://go4life.nia.nih.gov/4-types-of-exercise>

<http://www.livestrong.com/article/406513-what-are-some-different-types-of-exercise/>

<http://fit.webmd.com/kids/move/article/exercise-types>