

Let's move!

Worksheet 1 Teacher's notes

1. Exercise is a very important part of a healthy lifestyle. What else can you do to stay healthy?
students' own answers

2. How often and how long should you exercise for? *60 min a day*

3. What are the benefits of exercise? Write down all you can think of with a partner and then go online to read up more.

<http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/>

http://kidshealth.org/teen/your_body/take_care/exercise_wise.html

<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

- *students' own answers +*
- *Helps build and maintain healthy bones and muscles.*
- *Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.*
- *Reduces feelings of depression and anxiety and promotes psychological well-being.*
- *May help improve students' academic performance, including*
 - *Academic achievement and grades*
 - *Academic behavior, such as time on task*
 - *Factors that influence academic achievement, such as concentration and attentiveness in the classroom.*

4. Some physical exercises have strange, scary or funny names. Check these words:

jumping jacks- pajacyki push ups- pompki squats- przysiady plank-deska lunges-wykroki burpees wallsit s -przysiady przy ścianie downward dog - pozycja w jodze



5. In the USA the campaign Let's move! was supported by Beyonce and Michelle Obama. Go online <http://www.letsmove.gov> and read the idea behind the campaign and then watch a music video <http://www.youtube.com/watch?v=79YoLFS8Y-A>

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students' own answers

<http://healthyhappyfashionista.wordpress.com/2013/08/28/what-motivates-me-to-exercise>