



# EMPIRIBOX

## Primary School Science

Here at Empiribox, we combine keeping our bodies fit and healthy with learning about how they work. We see the two things running parallel and give children the chance to explore how to care for themselves at the same time as learning about their eyes, ears, organs and muscles work.

In this class activity, you will learn about why exercise is important and how your class can easily increase their activity levels.

Spectacular Science

Fitness Plan

### Why is exercise important?

Exercising regularly is important because it can help reduce your risk of many health problems such as heart disease, diabetes, some cancers and respiratory problems. People should aim for 30 minutes of exercise everyday to see benefits such as;

- 1. Weight loss or management**
- 2. A stronger heart and arteries. Like any other muscle in the body the heart needs to be exercised to become stronger and by pumping more blood through your veins and arteries, they will be cleared and become more flexible resulting in a decreased risk of heart attack due to lower blood pressure**
- 3. More efficient lungs meaning your body is better at getting oxygen into the blood**
- 4. Reduces blood sugar levels**
- 5. Stronger bones**
- 6. More energy and a happier mindset**

Exercise does not have to be a high intensity work out every day, it can mean many different things. We have listed 5 exercises below which are low intensity but will help with the above health problems.

- 1. Walking**
- 2. Yoga**
- 3. Dance class**
- 4. Horse riding**
- 5. Cycling**

### Class activity

Over a week, can you track how much exercise everyone is getting? Use the chart on the following page to track the types of exercise children and adults get.

Once you have your data, discuss it as a class and see if you can think of ways to increase the exercise amounts. Some ideas are below;

- 1. Walk or cycle to school**
- 2. Use the stairs and not the lift**
- 3. Take up a new hobby like football or dance class**
- 4. Participate in things like “Marathon Kids” to do continuous exercise**
- 5. Encourage your friends to join you so that you’re not lonely**

Can you think of any new ways to increase your exercise levels?

Name	Today I walked for ____ minutes	Today I cycled for ____ minutes	Today I played football for ____ minutes	Today I danced for ____ minutes	Today I did another activity for ____ minutes
<b>Jessica</b>	47 minutes	14 minutes	0 minutes	40 minutes	35 minutes
<b>Lewis</b>	13 minutes	26 minutes	90 minutes	0 minutes	0 minutes