



Big Question: Why is it important that we exercise?

Measure your heart rate before you start exercising. Think of four different exercises you could do (running, skipping, hopping, jumping etc.) and measure your heart rate after one minute of exercise.

My resting heartbeat was _____ beats per minute.

<u>Exercise</u>	<u>Heart rate after one minute</u>

Exercise makes your heart _____.

List three things that happen to our bodies when we exercise:

1. _____
2. _____
3. _____

Write three benefits of exercising.

1. _____

2. _____

3. _____
