



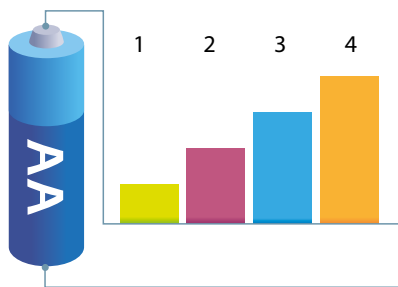
Primary

# Be Fit, Be Active

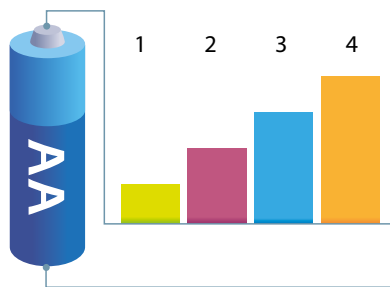
## Part 1

### A. Think and complete.

How does my body feel now?



How does my body feel after exercising?



### B. Do the Energy Boost Routine. Check (✓) the activity after you do it.

Let's move! Big smile and high five!

March in a band!

Climb a ladder!

Fist bump!

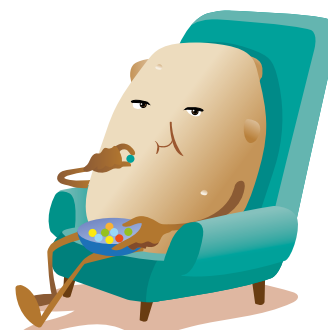
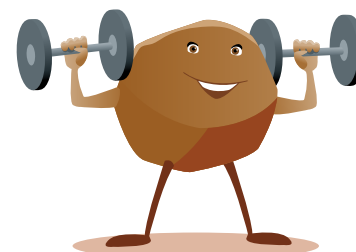
Jump like a frog!



## Part 2

### A. Read and choose.

1. Early in the morning, I want to
  - a) jump out of bed and touch my toes five times.
  - b) stay in bed for five more minutes.
2. At recess, I want to
  - a) run and play with my friends.
  - b) sit down and eat a snack.
3. After school, I want to
  - a) watch TV.
  - b) ride a bike or go for a walk.
4. On weekends, I want to
  - a) play video games.
  - b) play sports.



### B. Read and complete the Venn diagram with words and phrases from the box.

## Get Up and Go!

We all feel tired in the day sometimes. But before you eat a snack or **lay down**, stop and ask: What is the best way to boost my energy?

Don't **take a nap** or play a video game—go exercise!

Exercise helps your body. When you exercise, your bones and muscles get strong.

Your heart is a muscle, too. It pumps blood through your body. It can never rest, so it needs to be strong.

Exercise brings oxygen to your brain and gives you more brain power! It can boost your energy level so you can focus and learn better. Exercise can make you feel happy and it helps you sleep better at night, too!

Try to do at least one hour of physical activity each day. You don't have to do it all at once! Moving at different times in different ways makes your body strong and helps your brain.



lay down  
take a nap

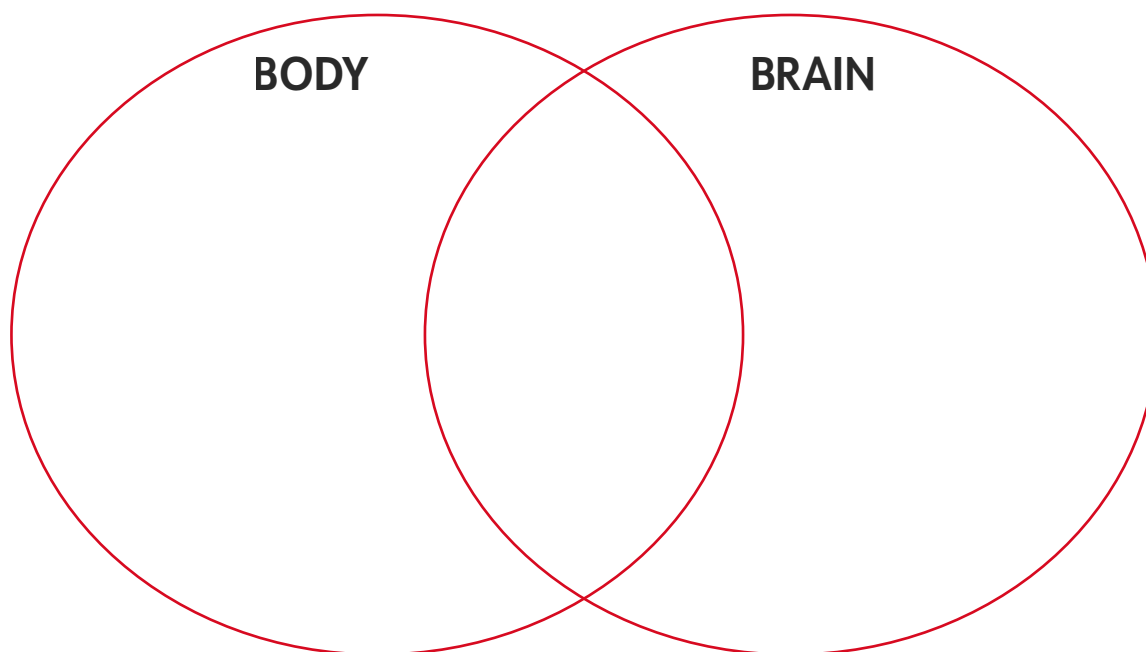


lie down  
have a nap



Primary

**boost energy   feel happy   focus   learn better   sleep well**  
**strong bones   strong heart   strong muscles**



### **Part 3**

#### **A. Work in groups. Design a one-minute Energy-Boost Routine to do in class.**

- Think about the space you have in the classroom.
- Choose five exercise moves.
- Are they fun?
- Can everybody do the exercise moves? If not, how can you change them?
- How many times do you do them?

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#### **B. Share your Energy Boost Routines. Choose one and do it today!**



## Extension

### A. Read. Then rank the activities.

#### ENERGY IN, ENERGY OUT

When we eat and drink, energy goes into our body. This energy is called calories. When we do physical exercise, energy goes out of our bodies and we use calories. The chart shows how many calories different activities use.



Rank the activities 1 to 5. The activity that uses the most calories is 1. The activity that uses the least calories is 5.

Activity	Calories	Ranking
10 minutes walking	50 calories	
7 minutes swimming fast	100 calories	
5 minutes running fast	100 calories	
7 minutes cycling	50 calories	
1 minute doing jumping jacks	10 calories	

### B. Choose three activities from the table and create your own exercise routine, called a *triathlon*. How many calories will you use?

**Example: 5 jumping jacks = 50 calories**

#### Triathlon