Why Is Exercise Important?

Exercise is anything that makes our bodies move. It can be running, walking, skipping, hopping, swimming, playing football, playing rugby, playing tennis, playing cricket, playing hockey, dancing, etc.

Can you colour in all the ways you exercise and then add any other ways that you exercise in the empty circles?
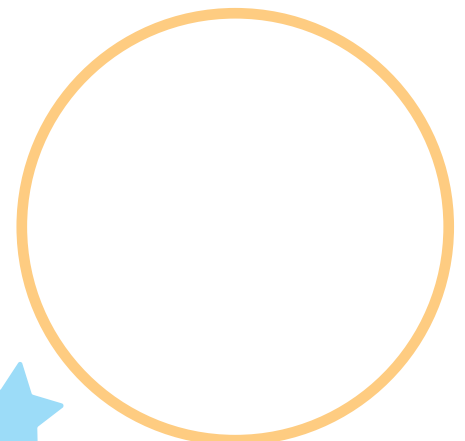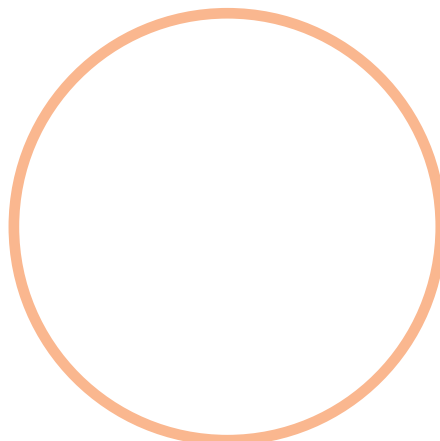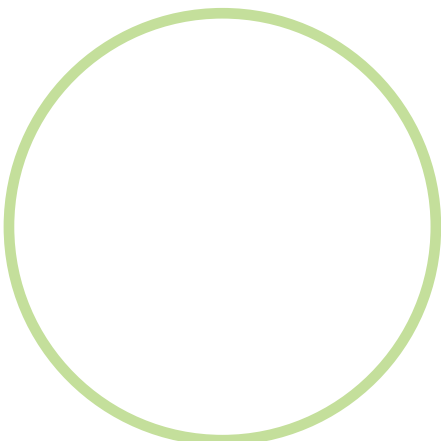
running

skipping

PE lessons at school

sports clubs

walking

What Does Exercise Do for Us?

It is good to exercise because...

...it makes my bones stronger.

...it gives me energy.