



# Our Science Learning Journey

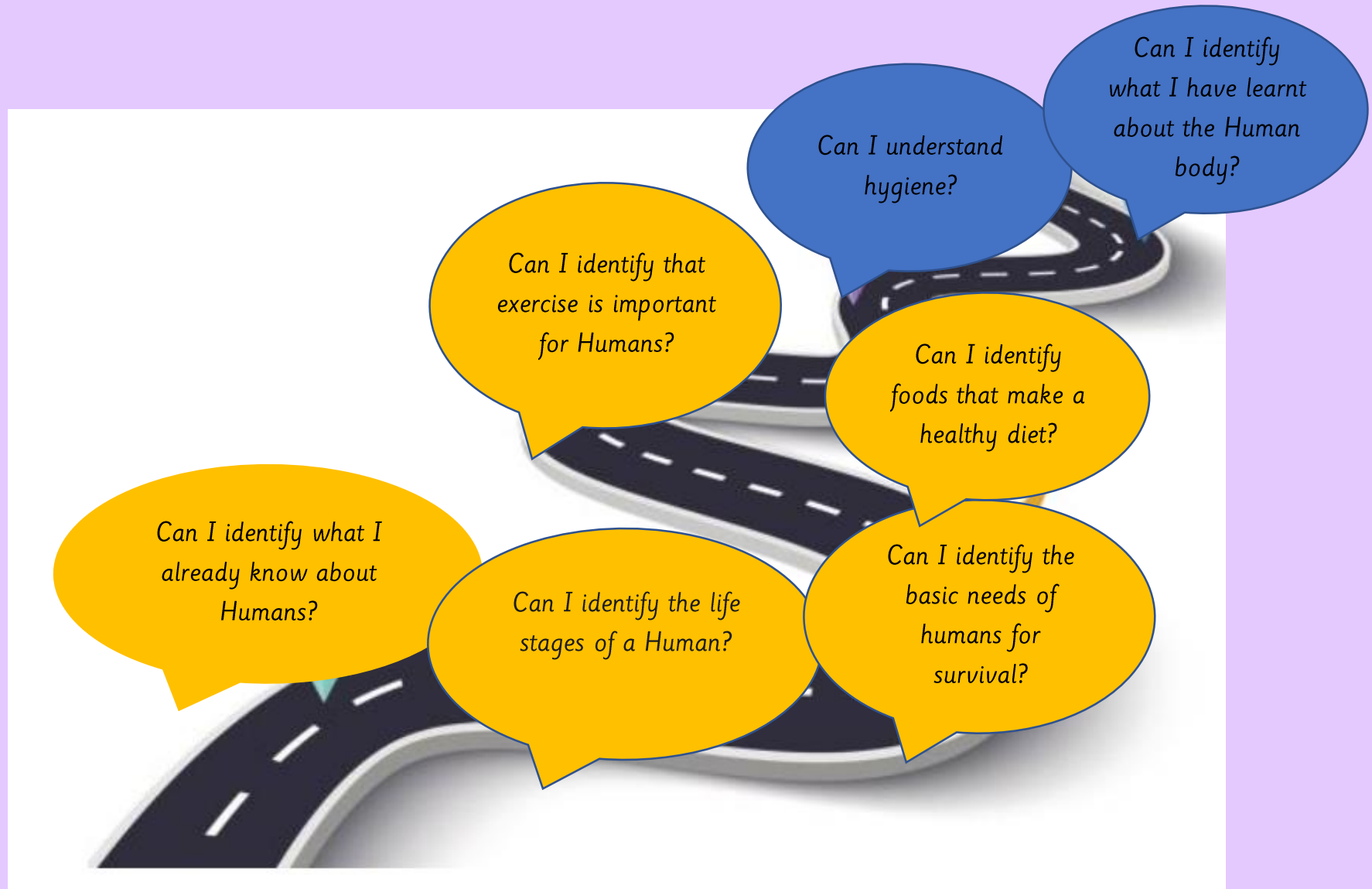
Key Vocabulary:

Exercise


Healthy

Body

Heart




Wednesday 3rd December 2025



LQ: Can I identify that exercise is healthy for humans?

Steps to Success

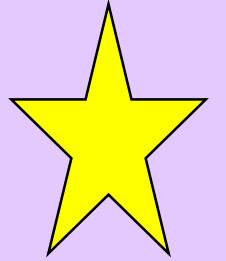
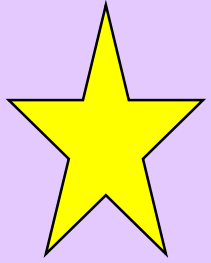


*All – I know that exercise is part of staying healthy.*

*Most – I can identify the importance of exercise.*

*Some – I can explain how exercise makes me feel.*

# STAR WORDS



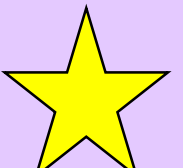
Healthy

Heart



Body

Exercise



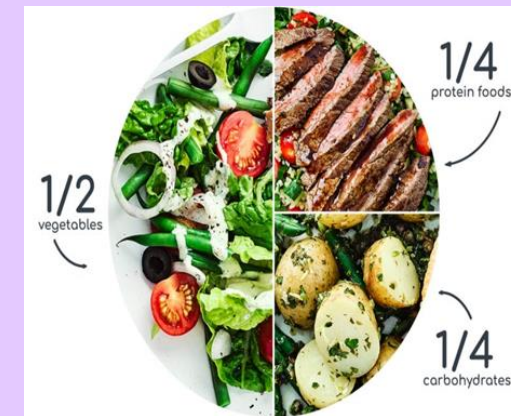
LQ: Can I identify that exercise is healthy for humans?

Wednesday 3rd December 2025

**RECAP!**

Last week we learnt about a **balanced diet** and the **5 food groups**.

A **balanced diet** means that each day we try to eat lots of different types of food, in the right amounts, to give us enough nutrients (the goodness found in food) to stay healthy.



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**RECAP!**

*Fruit and vegetables*



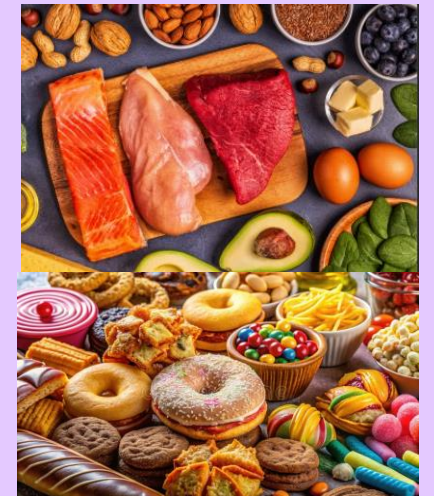
*Dairy*



*Carbohydrates (starchy foods)*



*Fats (and oils)*



*Protein*



There are 5 different food groups:

TPs:

Which food group do you prefer? Why?

LQ: Can I identify that exercise is healthy for humans?

Wednesday 3rd December 2025



*Today we are going to identify why exercise is important for humans.*



LQ: Can I identify that exercise is healthy for humans?

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*TPs: Why do we need to exercise?*

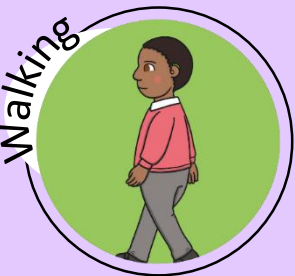


*TPs: Can you think of the different ways to exercise?*

LQ: Can I identify that exercise is healthy for humans?

Wednesday 3rd December 2025

Here are some different ways to exercise...



TPs: Which of these exercises have you tried?

LQ: Can I identify that exercise is healthy for humans?

Wednesday 3rd December 2025

*Activity!*



*You are going to run on the spot for a few seconds. I will tell you when to start and when to stop...*

*TPs: How does your body feel?*

*Can you describe what is happening to your body?*

LQ: Can I identify that exercise is healthy for humans?

Wednesday 3rd December 2025



Let's find out more about why exercise is healthy for humans...

[Bing Videos](#)

**Self Assessment**

Do you know why exercise is important for humans?



LQ: Can I identify that exercise is healthy for humans?

Wednesday 3rd December 2025

## Class discussion!

Why is exercise important for the human body?

**Sentence starter:** Exercise is important because it helps the **heart** ...

Heart



Brain

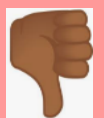


Lungs



### Self Assessment

Do you know why exercise is important for humans?



*Wednesday 3<sup>rd</sup> December 2025*

*LQ: Can I identify that exercise is healthy for humans?*

# LQ: Can I identify that exercise is healthy for humans?

Wednesday 3rd December 2025

## Task!

### Investigation

Today we are going to investigate which exercise makes you *breathe* the most.

We are going to find out which exercise makes our bodies work the *hardest*.

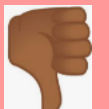
Mixed ability groups of 4-5.

Children can decide from running, skipping, hopping on one leg, hula hooping, dancing, star jumps.

Children to record in a table. (To be stuck in books).

### Self Assessment

Do you know what to do?



LQ: Can I identify that exercise  
is healthy for humans?

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***What a child should be able to do: (Assessment)***

*All: I can name at least three basic needs of a human.*

*Most: I can explain different stages of the human life (baby, toddler, child, teenager, adult elderly).*

*Some: I can explain why exercise is important.*