

Why should we exercise?

How to deliver this activity:

- After the children have followed along to the Wellness Warrior Challenge “**Why Should We Exercise?**”, take them through each of the following slides.
- Discuss the question on each slide.
- Reveal the answer after each question.





Stand up - Sit down

Why is this good for me?

1. ?

2. ?



Stand up - Sit down

Why is this good for me?

1. This exercise helps to make your leg muscles and your heart stronger!
2. More oxygen is pumped to your brain so it can help you to think more clearly and focus on your lessons!



Running on the spot
Why is this good for me?

1. ?

2. ?



Running on the spot

Why is this good for me?

1. It's good for your heart and lungs, pumping lots of lovely blood and oxygen around your body making you feel good and ready to learn.
2. You'll get hot and sweaty, but that's a good thing!



Rowing

Why is this good for me?

1. ?

2. ?



Rowing

Why is this good for me?

1. It helps to build core strength which will make other activities so much easier – like sitting up for longer!
2. A strong core will give you more control over stronger arms and legs - improving dance, gymnastics and sports you play.



Making Arm Patterns

Why is this good for me?

1. ?
2. ?



Making Arm Patterns

Why is this good for me?

1. This is great for waking up your brain to help you to concentrate more.
2. It will also improve your coordination for other activities too!



Bouncing

Why is this good for me?

1. ?
2. ?



Bouncing

Why is this good for me?

1. High impact exercise is great for making your bones stronger.
2. It's good for your heart and lungs as you'll get out of breath...a lot!



Balance and Stretch

Why is this good for me?

1. ?

2. ?



Balance and Stretch

Why is this good for me?

1. It helps you build core strength for better balance and coordination.
2. It's also good for releasing tension out of your muscles and preventing injury after you've exercised.

Why should we exercise?

Well Done!

Your imoves challenge is complete.



imoves