

# Lesson 3 Exercise Year 5 | Activity

Name .....

Main Task

Use the following information to create a poster about the importance of exercise.

## EXERCISE MAKES LIFE EXCITING

Exercise gives you the chance to meet new people. This can improve your confidence and give you the chance to make new friends. Exercise also gives you something to look forward to. It is different to sitting at a desk or playing on your computer all evening.



## PERSONAL IMPROVEMENTS

The more you practice and play a sport the better you will become. This will make you feel good about the progress you have made. It is not just the chance to improve a skill but also the opportunity to learn about yourself. Things like teamwork, learning to lose and leadership are all important aspects of life and can improve you as a person.



## ENDORPHINS

When you exercise, your body releases chemicals called endorphins. These endorphins connect with your brain and give you a positive feeling in your body. You often feel excited and fresh after a run. That feeling can give you a more positive attitude.



## SLEEP

Exercise requires you to use energy and helps you feel more tired and ready to rest at the end of the day. Exercise also helps to reduce stress which sometimes leads to poor sleep. Research indicates that exercise can really help the amount you sleep. This then helps you to feel refreshed and positive the next day.

