

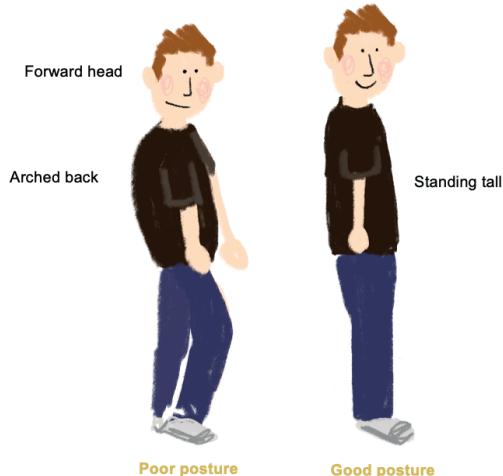
Lesson 3 Exercise Year 4 | Journaling Scaffold

Name

I. Why is stretching important for the body?



2. How did today's stretching session make you feel? What was your favourite stretch?



3. What happens if we have poor posture?

VOCABULARY:
stretching
mindset
endorphins
flexibility
hamstrings
muscles
posture
chemicals
well-being
quads

HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt _____

How can you use today's learning in your life?

I can use today's lesson when _____

List two interesting ideas from today's lesson.

I found _____ interesting because _____

Draw something about today's lesson.

