

Lesson 3 Exercise Year 4 | Journaling Scaffold

Name

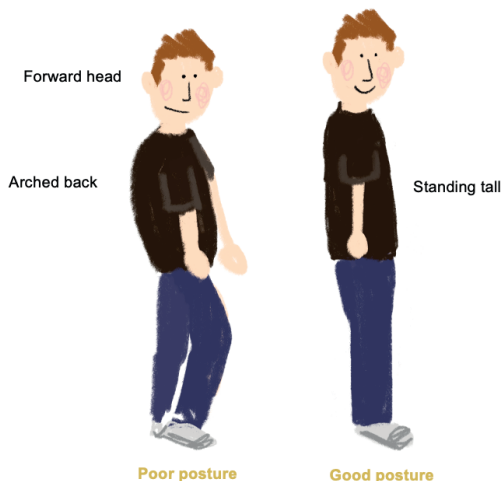
1. Why is stretching important for the body?



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

VOCABULARY:

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



3. What happens if we have poor posture?

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.

