

# Lesson 3 Exercise Year 5 | Journaling Scaffold

Name .....

I. What are the different types of exercise?



2. Why is exercise good for us?

3. What is the link between exercise and sleep?

**VOCABULARY:**  
stretching  
mindset  
endorphins  
flexibility  
attitude  
muscles  
posture  
chemicals  
well-being

## 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.

