

Lesson 3 Exercise Year 5 | Journaling Scaffold

Name

1. What are the different types of exercise?



VOCABULARY:

stretching
mindset
endorphins
flexibility
attitude
muscles
posture
chemicals
well-being

2. Why is exercise good for us?

3. What is the link between exercise and sleep?

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.

