

Which exercise could you do the most times in one minute?

Which exercise did you like the best?

Which exercise did you feel was the hardest?

How does exercise make your body feel?

Complete these sentences using the words in the word bank.

Humans need exercise because it keeps their heart _____.

Exercise makes your muscles _____. It uses up calories and keeps your body _____.

When you do exercise, your body feels _____. Your heart beats _____ and you breathe more _____.

Word Bank:

fit

faster

quickly

stronger

tired

healthy