

Developing a Healthy Lifestyle-Exercise

These activities are for all students and may be particularly helpful for students completing L2LP. They could fall under Personal Care.

As the weather is getting better, spring is a great time for us all to get exercise.

Regular exercise is good for me.

In these activates you will look at:

- Different types of exercises
- Decide what clothes are best to wear for exercise
- Make an exercise plan
- Learn the benefits of regular exercise

1. Can you find 14 different ways to exercise in the word search?



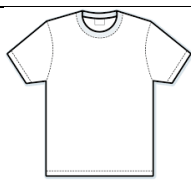


X	E	L	T	K	A	J	Z	D	O	R	I	E	M	M
W	S	H	T	U	B	A	L	L	-	G	A	M	E	S
A	J	U	M	P	I	N	G	-	J	A	C	K	S	L
L	Z	L	D	A	N	C	E	O	T	Y	A	O	Y	F
K	P	A	S	L	Z	N	J	O	G	R	B	U	G	J
E	N	-	S	K	I	P	O	Y	N	W	E	K	Y	N
O	I	H	X	H	A	Y	E	A	H	D	Z	K	M	O
F	Q	O	H	T	Y	Q	Y	S	L	Y	O	G	A	F
K	Q	O	A	E	Z	K	J	W	Y	U	B	T	I	S
S	A	P	I	T	A	U	B	I	K	E	T	T	K	Z
T	K	N	P	A	T	S	A	M	T	O	A	A	M	Y
Y	S	L	E	O	B	I	L	W	A	E	M	M	H	T
Q	D	N	P	Z	S	K	A	T	E	K	E	I	I	K
S	E	X	E	R	C	I	S	E	-	C	L	A	S	S
C	A	A	T	L	U	B	E	J	R	U	N	T	J	B

BALL-GAMES BIKE DANCE EXERCISE-CLASS

GYM HULA-HOOP JOG JUMPING-JACKS

RUN SKATE SKIP SWIM WALK YOGA

2. Suitable Clothing for Exercise

Complete the label by filling in the blanks		
	_ H _ R _ S	TR _ _ KS _ _ T
		
_ - S _ _ _ T	R _ _ N _ R S	_ O O _ _ A _ _ B _ _ _ S

What is your favourite form of exercise? _____

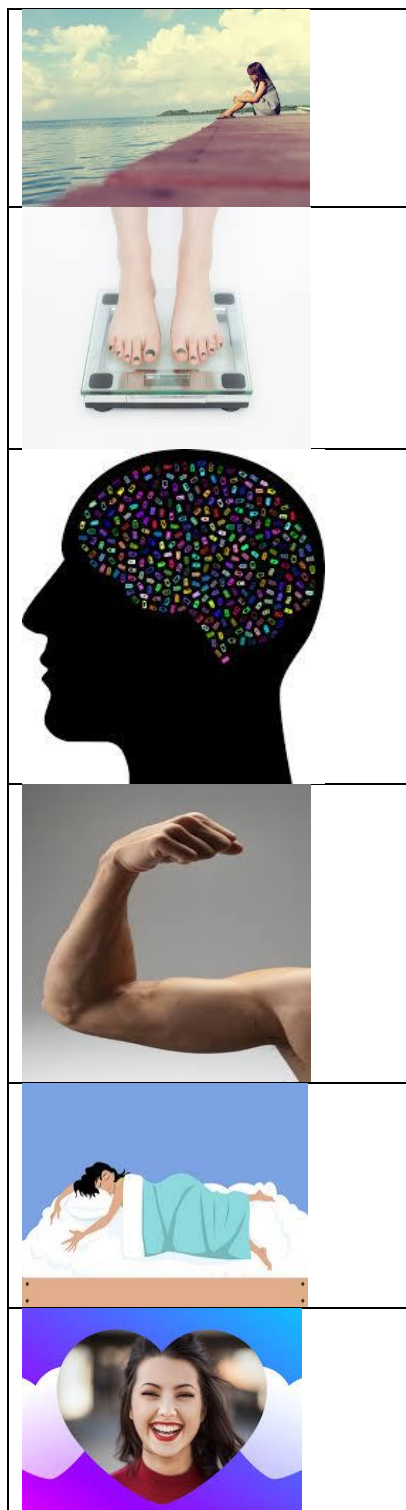
When do you exercise? _____

Where do you your exercise? _____

What are the most suitable clothes for your favourite exercise?

3. Benefits of Regular Exercise

Draw a line to match the image with the description



Helps me to have strong muscles & bones
Helps me sleep better
Helps me to feel good
Helps to boost my brain
Helps me maintain a healthy weight
Help me to relax

4. My Exercise Plan

Fill in the exercise plan to record your exercise & how you feel for the next 2 weeks.

Week 1

Day	Name of Exercise	Time	Completed ✓	How do I feel now?
Monday				😊 😐 😞
Tuesday				😊 😐 😞
Wednesday				😊 😐 😞
Thursday				😊 😐 😞
Friday				😊 😐 😞
Saturday				😊 😐 😞
Sunday				😊 😐 😞

Week 2

Day	Name of Exercise	Time	Completed ✓	How do I feel now?
Monday				😊 😐 😞
Tuesday				😊 😐 😞
Wednesday				😊 😐 😞
Thursday				😊 😐 😞
Friday				😊 😐 😞
Saturday				😊 😐 😞
Sunday				😊 😐 😞