



## What would a peaceful community look like?

### What is exercise?



**Exercise** activity requiring physical effort, carried out to sustain or improve health and fitness

### The effects of exercise on our bodies.

#### Short term effects

**heart rate** - number of times your heart beats per minute

**pulse** - when your heart pushes the blood around your body it makes a little thump

**sweat** - to give off salty liquid through your pores in your skin

**temperature** - temperature is how hot or cold something is

**breathing** - breathing is moving air in and out of the lungs

#### Long term effects

**strength** - how strong we are

**happiness** - feeling of pleasure and positivity

**health** - physical (body), mental (minds) and social (friends and family) well being

**achievement** - when we succeed in a task/game

**weight** - the gravitational pull exerted on a body. Weight is recorded in kg.

**Pulse** The most common places to feel a pulse is on your wrist and your neck.

**wrist**



**neck**

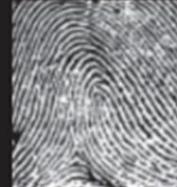
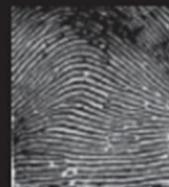


**Finger prints** Your fingerprints are unique to you.

Plain Arch

Ulnar Loop

Plan Whorl



THINK IT.

#### Vocabulary Tier 2

Alive  
Dead  
Food  
Grow



BELIEVE IT.

#### Vocabulary Tier 3

Ocean  
Desert  
Polar  
Nutrition  
Excrete  
Reproduce



LIVE IT.