Exercise for Everyone

Sally Cowan



PM

Exercise for Everyone

Level 23

Running Words 902 **Text Types** Information Report (Informative) pages 2–11
Procedure (Informative) pages 12–23

Curriculum Area Health and Physical Education

Retelling to encourage critical thinking about the content

Ask each student to retell the information report and procedure in his or her own words.

Record the retellings for further discussion and reflection.

Think and Talk About ...

Fact boxes in the book encourage each student to explore the statements further and to share the information with others.

Questions to reinforce meaning and stimulate discussion

Literal

1 Why is exercise good for everyone?

2 When exercising, why do you need to warm up your muscles gradually?

Inferential

3 Why is it important to sleep well?

4 When playing with a dog, what activities would make your heart beat faster?

5 Why does a player need to change direction quickly when playing ball games?

Applied Knowledge

6 What can happen to people who are unfit?

A Fitness Workout

Literal

1 How many times do you repeat the push-up exercise?

Inferential

2 Why do you need to record your pulse rate each time you take it?

3 Why do you have to walk carefully with the beanbag on your head?

4 Why is music helpful during aerobic exercises?

Applied Knowledge

5 What is your pulse?

6 Why is yoga performed slowly?

Links with other PM Guided Reading Books and Cards

Level 23 Card Narrative *The Fitness All-Stars*

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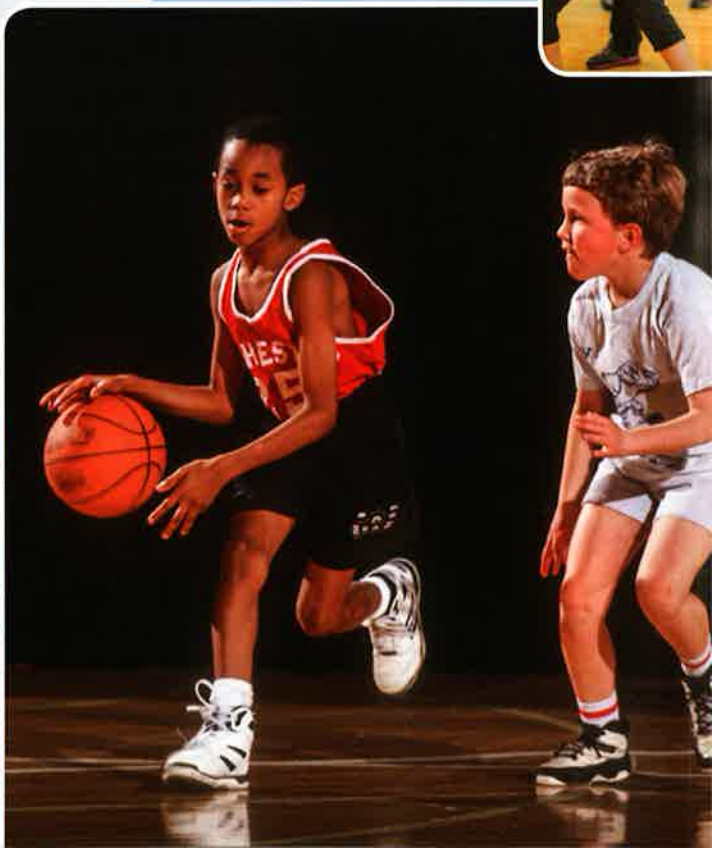
What Is Exercise?

Exercise is the movement of the muscles in the body in various ways. Exercise is good for everyone.

If we exercise often, our bodies become fit and strong. We will have plenty of energy to play sport and enjoy other activities. Exercise also helps us to think clearly, sleep well and even to make friends.







There are lots of different sports and activities that can **improve** our health and fitness.

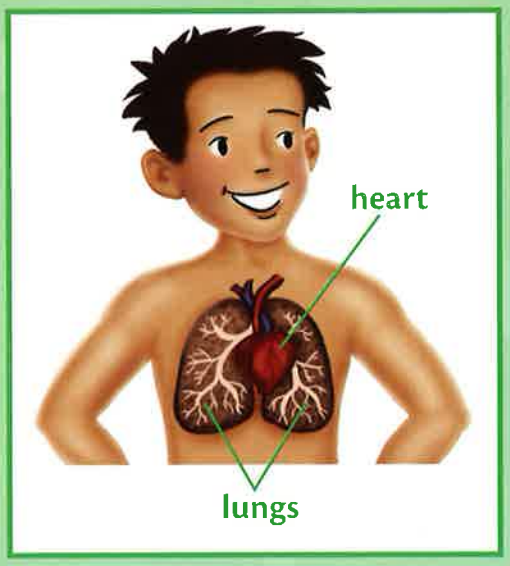




Exercise and the Body

Exercises with both fast and slow movements are good for different parts of the body.

When we run or move fast, we are doing **aerobic** exercise. This type of exercise makes our heart beat faster. Our lungs expand to take in more air, and our heart pumps blood quickly around our body. A strong heart and lungs are good for getting more energy.





Many people enjoy taking part in aerobic sports and activities, such as football, netball and dancing. But any quick movements, even walking to school or playing with the dog, are suitable.





Think and Talk About ...

A walking school bus is a good way for young people to exercise every day.

Some exercises are good for making our muscles stronger.

Strong muscles allow us to control our movements well. In many ball games, the players must be able to catch or throw a ball. They also need to change direction quickly. The players can get better at their game by practising special **drills**.





We should warm up our muscles **gradually** when we exercise. It is important to stretch them, too, or we might feel stiff and sore. Healthy, strong muscles also help us to stand up straight and keep our **balance**.





