

A spiral-bound notebook with a brown cover and a light beige, textured fabric-like surface. The spiral binding is on the left side. The text is centered on the page.

Keeping Healthy

To understand the effects of
exercise on our body.

RECAP

- Why do we need exercise?
- What happens to our pulse rate?
- Why does this happen?

Muscles



- Our pulse rate goes up because when muscles do more work, they need an increase in oxygen.
- The heart needs to beat faster due to the need for more oxygen

How muscles are moved.



- Muscles work in pairs
- To move a joint one muscle gets shorter (contracts) and pulls the bone while the other muscle gets longer and relaxes (but is stretched).

Movement

- Muscles and joints allow movement
- At joints muscles pull on bones
- Ligaments hold joints together
- Tendons join muscle to bone

Independent Task

- A new sports centre has been built at St Monica's
- Your job is to write a leaflet, promoting the benefits of a particular sport so that people will visit the sports centre.
- Each Table has a different sport.

Independent Task

- Within each leaflet provide an;
 - Explanation of why we need to exercise .
 - Which parts of the body are getting exercised.
 - How are they moved?
 - What happens to the heart lungs and pulse?