

Puzzle 4- Healthy me  
Piece 1 – Being fit and  
healthy

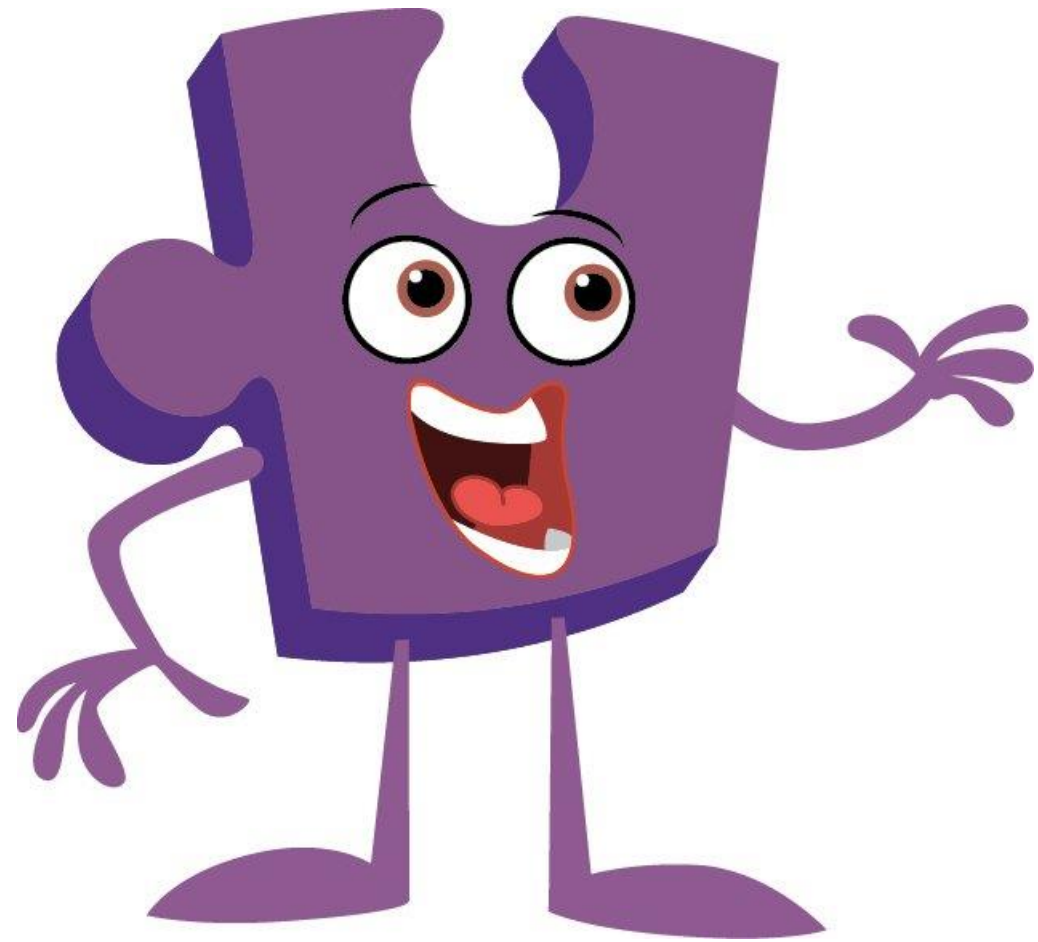


# Connect us

'Jigsaw Jino Says' ...

What is happening to your body?  
What is happening to your hearts?

Why are our hearts beating faster and our lungs working harder to get more oxygen?

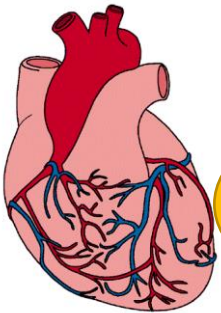


# We were exercising!

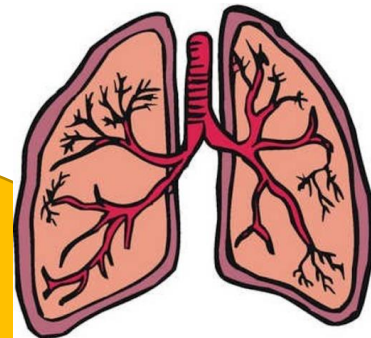


Exercise helps our bodies become fitter, especially our hearts and lungs so the right amount of exercise is a good thing to help our bodies stay healthy.

We know when exercise has been good enough because we can feel our hearts beat faster and our lungs work harder.



Why is our heart  
such an important  
organ?



Why are our lungs  
such an important  
organ?



# Calm me

Does your mind  
feel calm and  
ready to learn?

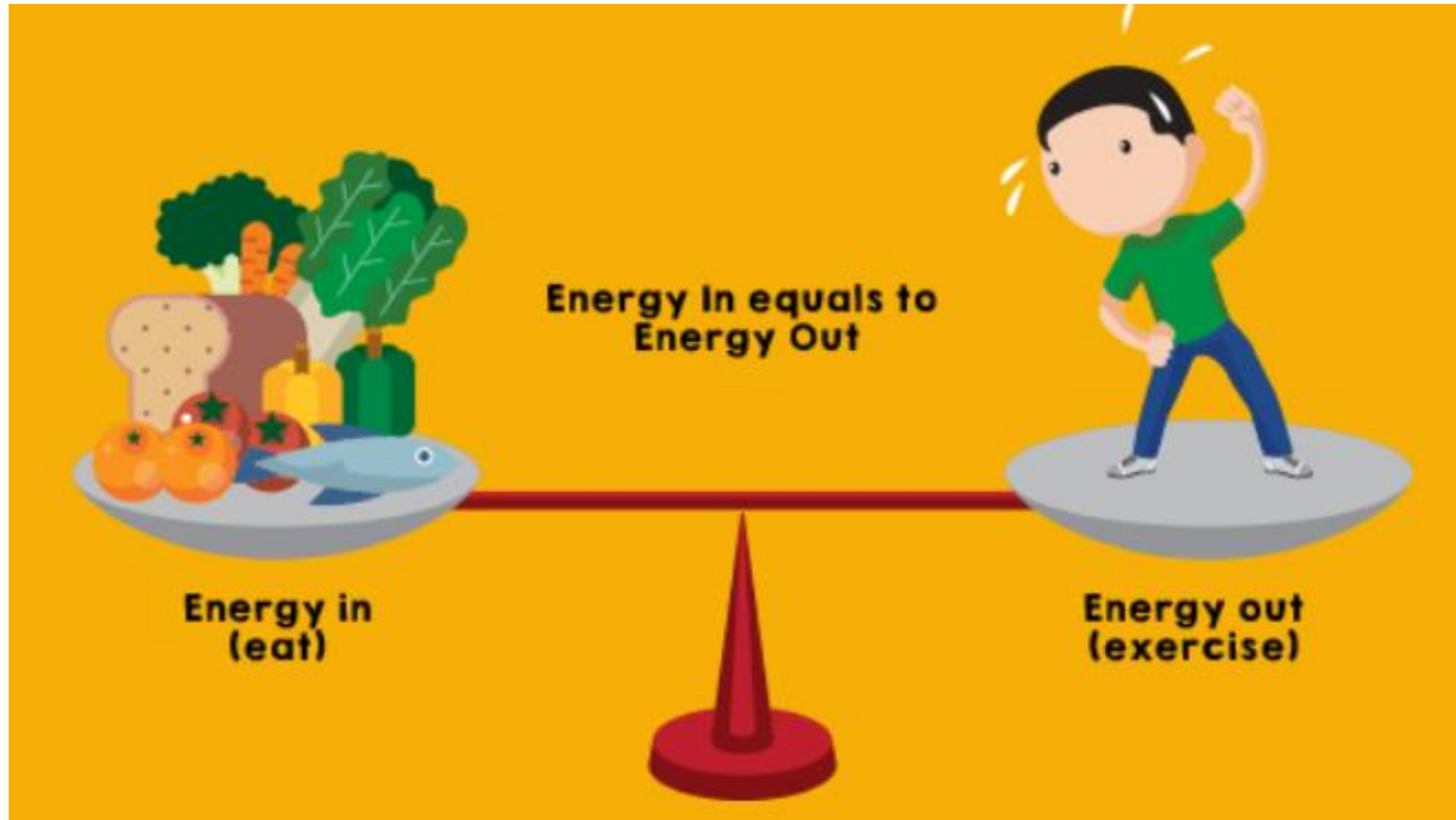


# Open my mind

How many different sports/physical activities can you think of as possible?

Think about all the different times you might be active? It doesn't have to be a sport.

# Tell me or show me



Our bodies need energy to work, grow and exercise; and that energy comes from food and drink (calories or kilojoules). Our bodies also need to exercise to stay healthy.

It is all about **BALANCE!**

Do you think a person can put their 'see-saw' back into balance if they have tipped one way or another? How could they do this?

# Let me learn

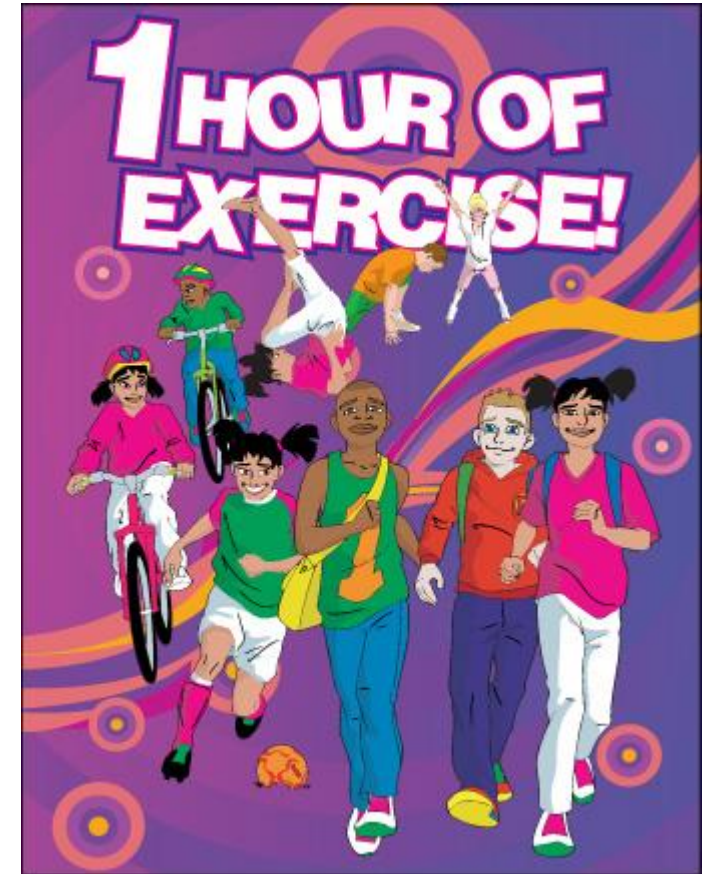
Children need to be active for at least 1 hour every day.

This is a minimum!

The hour can be made up of lots of different chunks of time and activities throughout the day.

Today we are going to be making our own **fitness challenge** to try to make us be more active.

Your challenges need to be realistic and manageable.



## My fitness challenge

Name:	
Age:	
Class:	

Now I can...	How many? How far? How long?	I want to be able to...	How many? How far? How long?	How did I feel when I achieved my challenge?

Think about something that you can do now without stopping for a break e.g. play football for half an hour, skip with a rope for 10 minutes, do jumping jacks for 2 minutes, hop on the spot 20 times, run really fast between two points, etc.

Now write it in this section and how many you can do or for how long/how far

How can you challenge yourself?  
It needs to be realistic and manageable.

e.g. skip with a rope for 15 minutes without stopping, hop on the spot 30 times



# Help me reflect

I understand how exercise affects my body and know why my heart and lungs are such important organs.

I can set myself a fitness challenge.