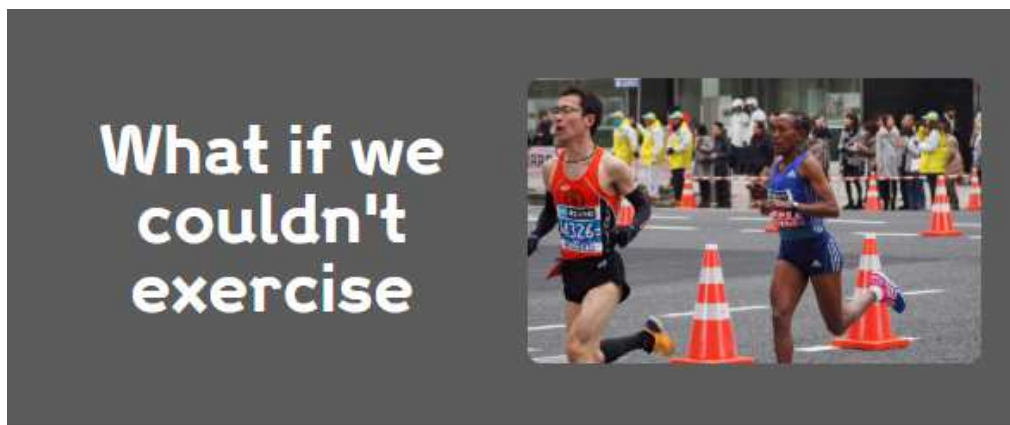


Week Commencing Monday 1st June – Y4 Science

Please spend some time each afternoon this week working on the below task.



Task: Can you answer the question – **What if we couldn't exercise?**

You could think about:

- How healthy would your body be if you couldn't exercise?
- Why is exercise important?
- If you couldn't exercise, what kinds of changes might you see in your body and fitness levels?

Take a look at the BBC Bitesize video using the link below. The video clip discusses the importance of fitness.

<https://www.bbc.co.uk/bitesize/clips/zvdkjxs>

The NHS suggests that to stay healthy children aged between 5 and 18 should do 60 minutes of physical activity each day. Humans can exercise in lots and lots of ways and the forms of exercise are broadly categorised into 3 types: aerobic, muscle-strengthening and bone-strengthening. Aerobic exercise is any activity that gets your heart pumping. We need to exercise to stay healthy and happy and to keep our bodies strong.

You can present your answer any way that you wish. It could be a PowerPoint, some writing or anything else that you can think of. You could even create a poster or advert for your favourite sport, encouraging others to give it a go!