



Vocabulary and Information

Heart Rate: how many times the heart pumps blood around the body over a set amount of time. Usually 1 minute

Recovery: the ability for the heart rate to return to its resting rate. **The quicker the better**

Exercise: an activity requiring physical effort

Muscular Strength: is the amount of force a muscle can produce in a single effort. **A weight lifter or sprinter are examples of sports that require muscular strength**

Muscular Endurance: to repeatedly use the same muscle or group of muscles for an extended period of time. **Running, cycling and rowing are some sports that require muscular endurance.** How many different sports involve running?

Flexibility: how much a muscle or joint can move through its full range of motion. How far do your muscles stretch? **Gymnasts and dancers require a lot of flexibility**

Cardiovascular Fitness: being able to sustain physical activity and the ability to deliver oxygen to the working muscles. **Long distance running, boxing and any sport that requires high intensity physical activity need cardiovascular fitness**

Diet: the kinds of food and drink that you intake

Personal Challenges – Be The Best You Can BE!

Personal challenges are a great way to motivate yourself and provide a bit of competitiveness. The great thing is that it is purely about **YOU!** No one else. It doesn't matter how anyone else does. Have a go and set a score. Can you improve it to get a **personal best?** Even if it's only a small improvement.



Short Term Effects

When you exercise you will experience some changes. Your heart rate and breathing will increase and you will breath heavier. You may start to get hot, sweaty and your face might go redder in colour. Some of your muscles will start to ache. You will need to rest after exercise as there is a risk of injury without any rest!

Growth Mindset



Having a growth mindset is associated with having the fundamental belief that your abilities and outcomes are influenced by hard work

Long Term Effects

During exercise the body systems respond immediately to provide energy for the muscles to work. After regular and repeated exercise, these systems adapt to become more efficient. You may be able to run further and quicker. Heart rate lowers (resting and active). Increase your muscle strength, endurance and flexibility. Some muscles might become more visible and less body fat.

Lifestyle

A healthy active lifestyle is essential for physical and mental health and wellbeing. **You should be physically active for at least 60 minutes a day. 30m in school, 30m at home #active60**



Your diet is also important. A healthy diet involves eating from the 5 food groups: Carbohydrates, Protein, Fruit and Veg, Dairy (if applicable) and Fats

Circuits



Circuit training is a brilliant way to train in all aspects of your fitness. A circuit can be designed to train all during the same circuit or focus on a specific one such as flexibility. You can use a circuit to see how your heart rate changes after different kinds of exercise!