



LET'S GET ACTIVE!



WHAT HAPPENS TO YOUR BODY WHEN YOU ARE ACTIVE?

Name: _____

Stand up and complete the following tasks:

Low Intensity Activity: Walk around your house for 2 minutes.

How do you feel?

**Medium Intensity Activity: Skip around your house for 2 minutes
(hop step, hop step etc)**

How does your body feel now? Are there any changes?

1. High Intensity Activity: Complete 50 star jumps (don't stop)

How does your body feel now?

What changes did you notice in your body as your exercise intensity increased?

HOW MY BODY FEELS AFTER I AM ACTIVE

On the diagram below, draw or write how your body **FEELS OR CHANGES** when you exercise.

E.g. I feel puffed, I feel hot, I breath faster etc.

