

Why We Exercise

Exercise helps to keep our bodies strong and healthy.

When we move our bodies - like running, skipping, dancing, or playing games - we are doing exercise.

Exercise is good for our hearts. It makes them beat faster and pump blood all around our bodies. It also helps our lungs to work better and gives us more energy.

We don't need to be in a race to exercise. Walking to school, riding a bike, or playing in the playground are all types of exercise.

Exercise also helps our brains. It can make us feel happy and calm.

Doctors say children should be active for at least one hour every day. That could be running around outside, jumping on a trampoline, or even helping in the garden!

Exercise is fun and important - for our bodies and our minds.

1. What does exercise help our bodies to do?
2. Name two examples of exercise from the text.
3. What happens to our hearts when we exercise?
4. Do we have to be in a race to exercise?
5. How does exercise help our brains?
6. How many minutes should children be active each day?

P.E. Reading Comprehension – Key Stage 1 – Year 2

MARK SCHEME

1. It helps our bodies stay strong and healthy.
2. (Any two of:) Running, skipping, dancing, playing games, walking to school, riding a bike, playing in the playground, jumping on a trampoline, helping in the garden.
3. They beat faster and pump blood around our bodies.
4. No.
5. It makes us feel happy and calm.
6. 60 minutes (or 1 hour).