

The Value of Exercise I've Got Muscles!

Reading and Discussion

Did you know that we have about 650 muscles in our bodies? The smallest muscle is called the **stapedius** and it is found in our ears. The largest muscle is called the **gluteus maximus** and you are sitting on it right now!



These are your biceps. Bend one arm like this and see if you can feel yours.

There are two kinds of muscles:

- **voluntary muscles**
- **involuntary muscles**

Voluntary muscles move when you 'tell' them to; for example, clapping your hands. Involuntary muscles move automatically; for example, blinking your eyes. Your heart is also an involuntary muscle.

If you didn't have muscles you wouldn't be able to move. You wouldn't be able to eat, speak, or breathe. In fact, you wouldn't be alive!

Because muscles are so important, we need to look after them very well. One way of doing this is by eating the right food. Another way is by exercising. If you don't use your muscles for a long time, like when you are ill in bed, your muscles become weak, and you may even have difficulty walking.

You don't need to go to gym to exercise, but you do need to be active every day. You can exercise by playing sports. Most of you exercise all the time without thinking about it. When you run, or ride your bike, or kick a ball, you are exercising your muscles. Sitting in front of TV doesn't count!

By exercising regularly you can keep your body strong and healthy and be able to keep on doing all the things you enjoy.

Name _____

Date _____

ActivitiesA: Find the words which keep you moving.

See if you can find these words in the puzzle. They could be going up or down, sideways or across. Draw a line through each word as you find it.

BASEBALL

CLIMB

CYCLE

DANCE

JUMP

PUNT

ROW

RUN

SKATE

SKI

SKIP

SPAR

SPRINT

SWIM

TAG

TENNIS

R	D	B	S	K	I	P	A	V
J	U	M	P	K	E	U	B	G
S	C	N	A	U	A	N	A	O
P	Y	M	R	O	W	T	S	L
R	C	W	D	A	N	C	E	F
I	L	S	C	L	I	M	B	T
N	E	Q	K	R	B	I	A	E
T	E	N	N	I	S	W	L	P
X	I	T	O	C	Y	S	L	N

B: Your exercise journal

Plan your own exercise journal. Here is an example of the headings you could use:

My name			
Date	Time	Exercise	Sport

Name _____

Date _____

Answer Sheet

Activity A

R	D	B	S	K	I	P	A	V
J	U	M	P	K	E	U	B	G
S	C	N	A	U	A	N	A	O
P	Y	M	R	O	W	T	S	L
R	C	W	D	A	N	C	E	F
I	L	S	C	L	I	M	B	T
N	E	Q	K	R	B	I	A	E
T	E	N	N	T	S	W	L	P
X	I	T	O	C	Y	S	L	N

Activity B

The children should be encouraged to think about the exercise they get in the playground and at home and record this as well as organized sports.