

## Types of physical activity.

**Team Sports** – Great for building and developing friendships and staying fit and healthy. E.g. Football, Rugby, Netball and Hockey.

**Exercise Classes** – A good way to socialise and stay fit in a non competitive environment. E.g. Yoga, Zumba, Karate and Aerobics.

**Paired Sports** – An opportunity to socialise in small groups and stay active. E.g. Tennis, Table Tennis.

**Individual Sports** – An excellent way to exercise for those who prefer to be alone. E.g. Swimming, Golf, Athletics and Running.

**General activity** – Things you do every day which are great exercise, even if you don't realise. E.g. Walking, Cycling and scooting.



Year 5  
Healthy, Active Lifestyles

### Short term effects of exercise

- Increased heart rate.
- Increased breathing rate.
- Aching muscles.
- Going red in the face.
- Sweating.



## Warm ups and cool downs

### Warm up

Prepare for physical exertion or a performance by exercising or practising gently beforehand. This could include pulse raising activity or stretching.

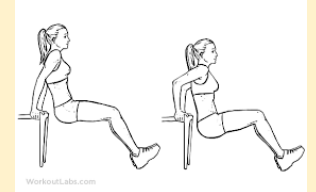
### Cool Down

Cooling down after physical exercise brings the body back to its normal state. It should lower

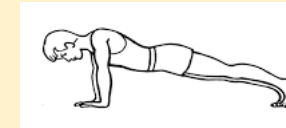
## Circuit Training Activities



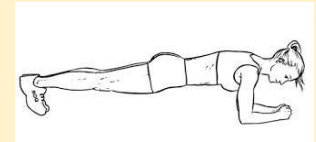
Sit up



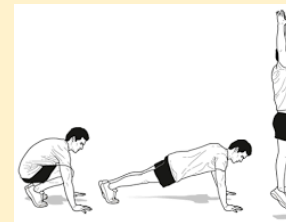
Tricep dip



Press up



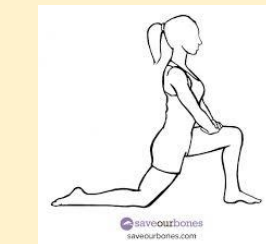
Plank



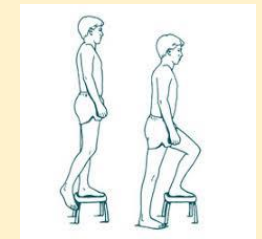
Burpee



Squat



Lunge



Step up