

Teacher's Note

- Check student's answers.
- Students should draw someone doing exercises. Weightlifting, running, swimming, boxing etc.
- Exercise strengthens bones and muscles keeping us healthy.

Suggested Activities:

- ❖ Use an egg timer. Ask students to write as many words as they can within the egg timer time limit, starting with the letter you nominate. You can also make small groups and have a competition. Choose easy and difficult letters.
- ❖ Practice some of the exercises the students pictured.
- ❖ Design a poster showing different exercise equipment. Old magazines often have pictures and a description of the type of exercise one can do. Write fact boxes on the poster relating to the benefits of exercising.
- ❖ Discuss what types of exercises the students practice and the health benefits this encompasses.
- ❖ Organize a writing project which can be placed on the Teaching Treasures Web Site. Visit the following site for information: http://teachingtreasures.com.au/students_projects_main.html
- ❖ Visit: <http://www.billybear4kids.com/>

Learning Area: Eng. **Strands:** SL. V. R. W. **Substrands:** SL1,2,3,4. V1,2,3,4. R1,2,3,4. W1,2,3,4.
Overarching: 1,6,10,12,13. **Linking Subject:** Art.