

Physical Education

Standard Four

TOPIC: WHY WE SHOULD EXERCISE

Name:



Exercise requires a person to **use their body** and a bit of effort in order **to complete an activity**. There are **various ways to exercise**, and also **various reasons**.

Look carefully at the video and use what you learn to answer each question below.

Choose **[T]** if the sentence is **TRUE**, or **[F]** if the sentence is **FALSE**.

- (1) You need to go to a gym to exercise.
- (2) Exercise allows your muscles to get stronger.
- (3) Dancing or climbing monkey bars are a good way to exercise.
- (4) When you work out, you do not sleep well.
- (5) Exercise can be fun.



Did you exercise today?