

	  Programa de los Años Intermedios	VERSION: 03
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TEACHER:				Vo Bo		
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GRADE:	

4 What makes our bodies strong? Read and tick ✓.

Body Power

● Exercise

Children need to exercise every day. Running, playing football, riding a bike and dancing help make your bones and muscles strong.

● Play outside

Vitamin D is important for your bones. Vitamin D comes from the sun. It's good to play outside, but remember to use sun cream when you are in the sun!



Are you
looking after
your bones and
muscles?

● Drink water

It's important to drink a lot of water. Drink more water when you do exercise and when it's hot.

