



VERSION: 03

WORKSHEET SECOND TERM ENGLISH FIRST GRADE

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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

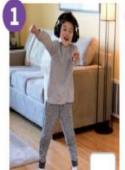
Vitamin D is important for your bones. Vitamin D comes from the sun. It's good to play outside, but remember to use sun cream when you are in the sun!



Drink water

It's important to drink a lot of water.

Drink more water when you do exercise and when it's hot.











muscles?