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?

LIVEWORKSHEETS