SCIENCE YEAR 1

UNIT 5. STAYING HEALTHY

EXERCISE

To stay healthy, we need to exercise. What type of exercise can we do? Why is it important to exercise?

Look at each picture and choose the correct answers.

1. We exercise to keep our body _____.

a) weak

b) strong and healthy

c) sleepy





2. Which of the following are ways we can exercise?

a) eat sweets, cakes and ice cream

b) play video games

c) cycling, skipping and running



3. We should exercise for at least _____ everyday.

a) one hour

b) one minute

c) one second



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4. Which of the following are <u>not</u> ways you can exercise?

a) swimming

b) watching youtube

c) playing football



5. Look at the picture. What type of exercise is it?

a) playing soccer

b) playing basketball

c) walking



6. Our body becomes _____ if we <u>do not exercise</u> regularly.

a) smelly

b) strong

c) weak



7. Which of the following can be one of the causes of <u>not exercising</u>?

a) weak and fat

b) pretty and smart

c) strong and healthy



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