

Health, fitness and well-being

Keeping healthy



<https://www.bbc.co.uk/bitesize/clips/z26w2hv>

It is important to keep our minds and bodies healthy. There are a number of things needed for a person to stay healthy.

Task

Please watch the clip and do the following tasks.

- Name all the things you can see in the video which help you to stay healthy.
- Draw a picture of your favourite activity; which helps to keep you healthy.
- Name all the unhealthy things we should avoid doing.
- Go for a nice walk with your family and collect the following things:
 - Red leaf.
 - An acorn.
 - White stone.
 - Pine cone.
 - A conker.
 - Sycamore seed (helicopter).
 - A feather.

Moving and growing



<https://www.bbc.co.uk/bitesize/clips/zdq4d2p>

Animals move in a variety of different ways. This video shows how humans, mammals, birds, crustaceans, insects, molluscs, reptiles and fish move.

Task

Please watch the clip and do the following tasks.

- Name all the different ways animals and humans can move.
- Copy each animal and the way they move in the video.
 - Fish
 - Bird
 - Tiger
 - Snake
 - Caterpillar
 - Snail
 - Octopus
 - Jellyfish
 - Crab
- Draw a picture of your favourite animal.

Muscles needed for movement



<https://www.bbc.co.uk/bitesize/clips/zj2kjsx>

Skeletons can be remarkably flexible but muscles are needed to move them. Various sports competitors and athletes are seen in action using their muscles. Muscles are used every time we move. There are more than 600 muscles in the human body. Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement. To move a joint, one muscle contracts while the other muscle relaxes and becomes longer.

Task

Please watch the clip and do the following tasks.

- Bend and straighten your right arm 5 times and watch what happens to the muscles in your arm.
- Bend your knees and touch the floor with your hands and then stand back up. Do this 5 times and watch what happens to the muscles in your legs
- Work the muscles in your arms and legs together by doing 20 star jumps.
- Work the muscles in your legs by doing 20 jumps as high as you can.

The importance of fitness



<https://www.bbc.co.uk/bitesize/clips/z274d2p>

Over the last few thousand years our lifestyles have changed significantly. We used to have to run to catch our food and to avoid being caught by predators. Now we exercise very little and our fitness levels have become quite low. Gymnasts and athletes need stamina, speed and strength. Strength and speed are also important in our daily lives. Regular exercise is needed to get fit and stay healthy.

Task

Please watch the clip and do the following tasks.

- Do 20 star jumps.
- Lie down on the floor and lift your legs off the floor 10 times.
- Do 20 pencil jumps.
- Bend down and touch your toes 10 times.
- Hop on one leg for 20 seconds and do the same on the other leg.
- Do two footed jumps with your feet together for 20 seconds.

Movement skills

Balance 1



<https://www.bbc.co.uk/bitesize/clips/zjwg9j6>

Clara the clown tries to balance a feather on her hand. When she follows instructions correctly, she is successful.

Task

Please watch the clip and do the following tasks.

- Balance a toy on your hand for 3 seconds.
- Balance a teddy on your head for 3 seconds.
- Balance 3 toys on top of each other on a table for 3 seconds.

Balance 2



<https://www.bbc.co.uk/bitesize/clips/zwdb4wx>

Clara the clown tries to balance on a beam but falls off. When she follows instructions correctly, she is successful.

Task

Please watch the clip and do the following tasks.

- Balance on one leg for 3 seconds.
- Balance on one leg with your eyes closed for 3 seconds.
- Walk in a straight line placing the heel of your foot against the toe of previous foot.

Co-ordination



<https://www.bbc.co.uk/bitesize/clips/z7qc87h>

Clara the clown tries to juggle scarves. When she follows instructions correctly, she is successful.

Task

Please watch the clip and follow the instructions below to help you learn how to catch.

- Find a medium size ball or teddy.
- Practise throwing the ball or teddy into the air no higher than your head.
- Throw the ball or teddy up into the air in a straight line.
- Keep your eyes on the ball or teddy as it goes up into the air.
- As it starts to fall cup your hands together underneath the ball or teddy.
- Watch the ball or teddy and move your hands so that it falls into your hands.
- When you feel the ball or teddy in your hands close your hands around it and bring it towards your body.