



# LET'S GET ACTIVE!



## WHAT HAPPENS TO YOUR BODY WHEN YOU ARE ACTIVE?

Name: \_\_\_\_\_

Stand up and complete the following tasks:

**Low Intensity Activity: Walk around your house for 2 minutes.**

How do you feel?

**Medium Intensity Activity: Skip around your house for 2 minutes  
(hop step, hop step etc)**

How does your body feel now? Are there any changes?

**1. High Intensity Activity: Complete 50 star jumps (don't stop)**

How does your body feel now?

What changes did you notice in your body as your exercise intensity increased?

# HOW MY BODY FEELS AFTER I AM ACTIVE

On the diagram below, draw or write how your body **FEELS OR CHANGES** when you exercise.

E.g. I feel puffed, I feel hot, I breath faster etc.

