

Feeling Healthy

Children need to know that they should keep healthy and understand that there are certain things that happen to their body after they have taken exercise. These include a faster heartbeat, perspiration, and sometimes feeling out of breath.



- 1 Talk to your child about what happens to you after you have been running about. Explain that you might get hot. Discuss how you can cool yourself down e.g. a shower, resting, opening a window.
- 2 After some physical activity ask your child to tell you how they feel. What feels different?
- 3 Encourage your child to take part in lots of different activities. These could include swimming, using apparatus in the park, playing on a swing and using a slide.
- 4 Discuss with your child why they might need to rest when they are tired or why they might need a drink of water after exercise. Make sure that there is always some water available if they need it.
- 5 Get your child to feel their heartbeat after exercise and tell you what is happening.



Please remember to recycle this activity

Copyright © 2011 iChild and its licensors. All rights reserved.

Games we can play



Catch



Hopscotch



Frisbee



Football



Chase with Water Pistols



Space Hoppers Jumping



Table Tennis



Sack Race



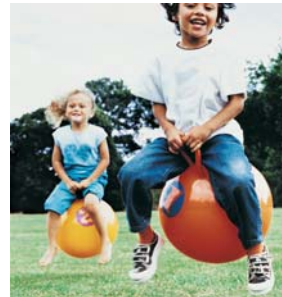
Tug of War



Tennis

Games we can play

Match the words with the game by drawing a line.



Tug of War ***Chase with Water Pistols*** ***Space Hoppers Jumping***
Frisbee ***Table Tennis*** ***Sack Race*** ***Tennis*** ***Catch***
Football ***Hopscotch***

Games we can play

Colour in the sheet. What kind of games are the children playing?



① _____

② _____