



Let's Read and Talk About: Keeping Fit

Worksheets and poster

There are two photocopiable worksheets and a poster for this title. There is a fitness diary - an opportunity to record all the exercise done a week, a writing frame to record how exercise makes you feel and a poster to encourage exercising. They will help consolidate children's learning about key ideas from the book about keeping fit. The activities stand alone, but using them in conjunction with the book will offer a more complete learning experience.

Learning objectives:

My fitness diary:

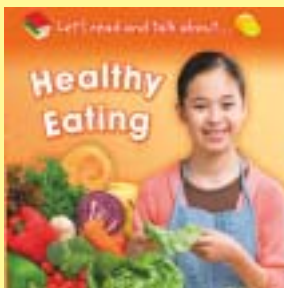
- To record all the exercise done in a week
- To assess whether a variety of exercises is being carried out

How exercise makes me feel:

- To write a report that expresses their views about exercise

TITLES IN THE SERIES

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Name: _____

Date: _____

My fitness diary

- Keep an exercise diary for a week by making a note below of any exercise you do. Don't forget to include things like walking to school or the shops.
- Are you doing enough different types of exercises each day?

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Good for stamina (staying power)

Basketball
Cycling
Football
Jogging
Skipping (fast)
Swimming

Good for suppleness (bending easily)

Dancing (fast)
Gymnastics
Judo
Swimming

Good for strength

Basketball
Cycling
Football
Gymnastics
Swimming

Name: _____

Date: _____

How exercise makes me feel

Today I did some exercise. It was

At first I felt

After a while I felt

Afterwards I felt

The best thing about it was

Next time I exercise, I would like to

Everyone should do some exercise!



It keeps
you fit
and
strong.



It's fun!



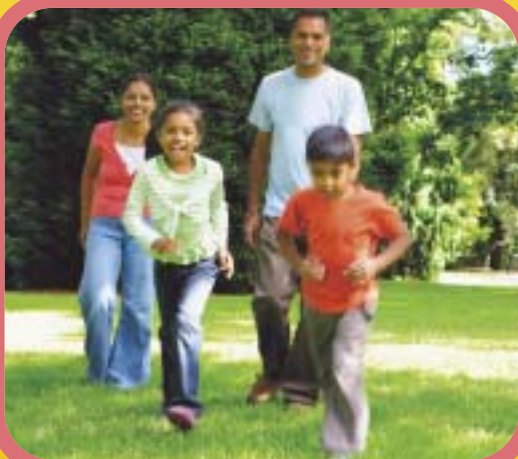
It makes you feel good.



It keeps you supple.



You can make
new friends.



You don't always need
special equipment.

It even helps
your brain!

