

BEING ACTIVE AND ENGAGING IN A HEALTHY LIFESTYLE

(1) **IF you do some really energetic movements what happens to your breathing?**

- It gets faster, noisier and deeper.

(2) **IF you do really energetic movements what happens to your heart rate?**

- It gets faster and stronger (*could let children feel heartbeat before activity and immediately after activity to describe the effects*).

(3) **We take oxygen into our bodies by breathing and the heart beats faster to pump blood around the body. WHAT does the blood carry to the muscles all over the body?**

- The blood carries **oxygen and food** to the muscles.

(4) **WHY do they need food and oxygen?**

- For energy.
- Our muscles use energy when they are moving.

(5) **WHEN you are very active and energetic how do you look?**

WHAT is your body temperature like?

WHAT do your muscles feel like?

- We feel hot and some people are flushed in appearance.
- We begin to perspire - skin feels damp and sticky
- Muscles might feel tired.

(6) **WHY do we get hot?**

WHY do we perspire?

- Muscles produce energy as heat.
- The heat is released through the skin - damp skin cools quickly and prevents us from overheating.