

Name _____



Explore Activity

Why is exercise important?

Write the names of exercises you can do.
Predict how many times you can do each
exercise in one minute.
Record your results.

Exercise	Prediction	Results



Notes for Home Your child learned about the importance of daily exercise.

Home Activity: Participate in a family activity such as riding bikes or taking a walk together.

Name _____



Investigate Activity

How much exercise do you get?

Draw how you get exercise each day.

Write about it.

Students' drawings and descriptions of their exercise will vary.



Notes for Home Your child kept track of daily activity or exercise.
Home Activity: Ask your child each day what he or she did for exercise.