

Wednesday 24th June

Lesson 4- Living independently Short Course

What do you need?

Pen and Paper
Your chart from last lesson?

Wednesday 24th June

Living Independently- Health and Wellbeing

Learning Objective: To understand the benefits of cardiovascular exercise and flexibility exercises. To also design a exercise chart for yourself and one other person.



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Living Independently- Health and Wellbeing

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Can you think of
different reasons why
we should exercise?



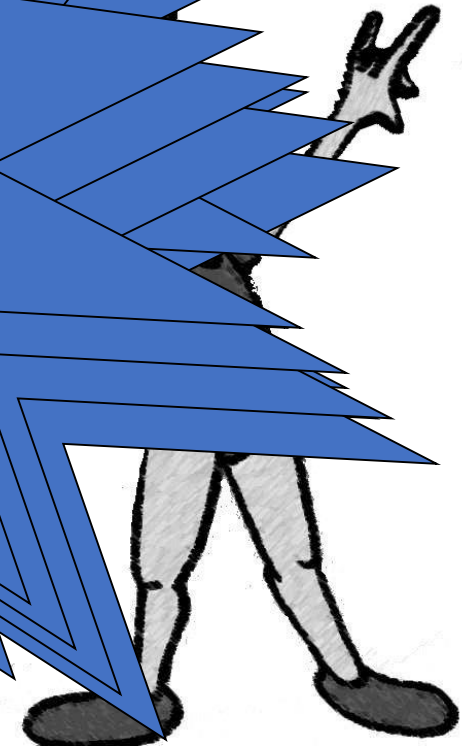
Learning Objective: To understand the benefits of cardiovascular exercises and flexibility exercises. To also design a exercise chart for yourself and one other person.

Living Independently - Health and Wellbeing

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To stop you from
being overweight

at
different
we



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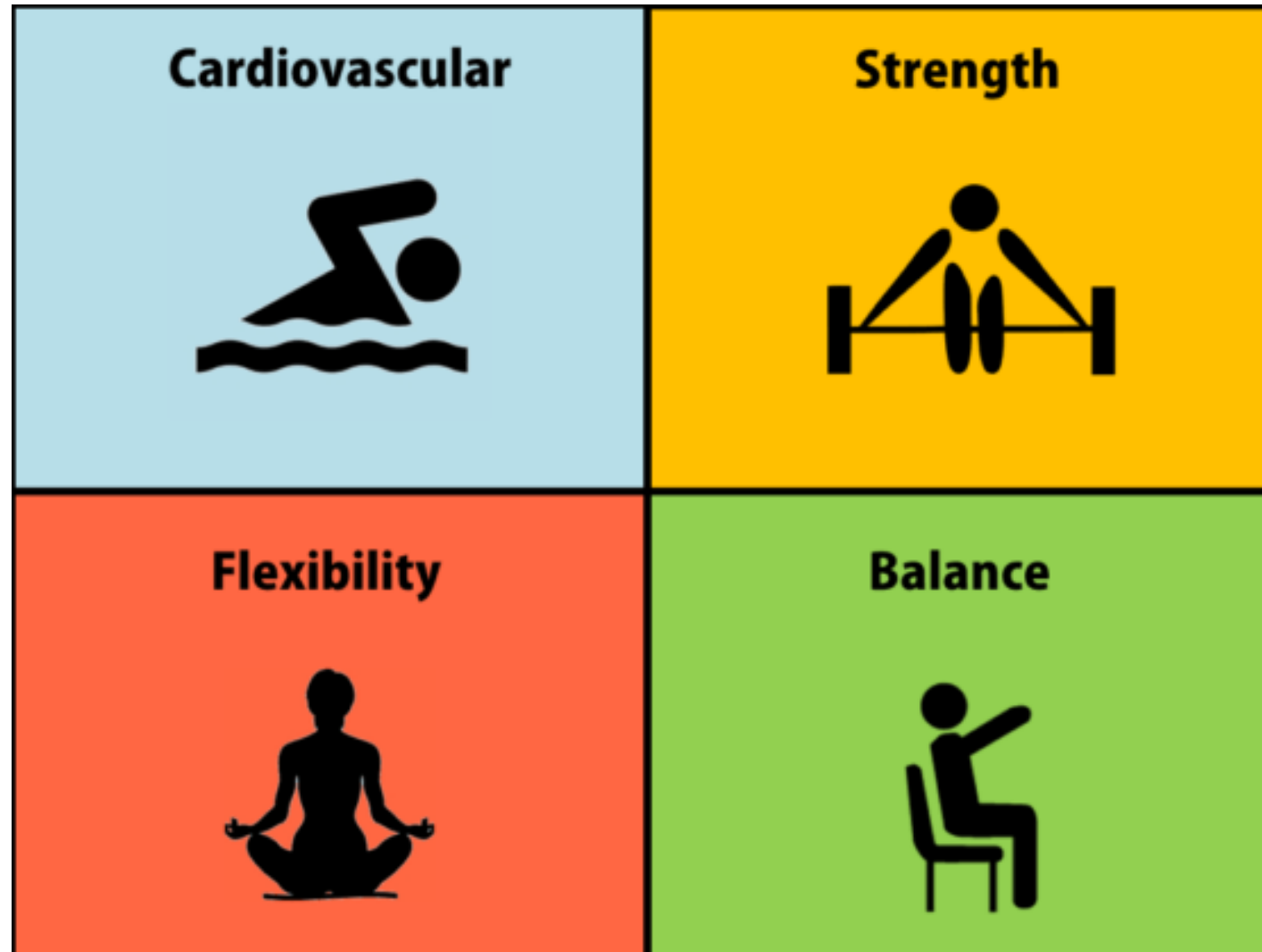


Can you think of different types
of exercise?

Learning Objective: To understand the benefits of cardiovascular exercise and flexibility exercises. To also design a exercise chart for yourself and one other person.

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Learning Objective: To understand the benefits of cardiovascular exercise and flexibility exercises. To also design a exercise chart for yourself and one other person.

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What do I mean by these types of exercise?

Cardiovascular



Cardiovascular exercise is any activity that raises your heart rate for any extended period. Cardio exercises improves your fitness, stamina and burns calories

Flexibility



Flexibility exercises are activities that improve the ability of a joint to maintain the movement necessary for carrying out daily tasks and physical activity.

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Can you give an example of these types of exercise?

Cardiovascular



Type of exercise:

Benefit of the exercise:

Flexibility



Type of exercise:

Benefit of the exercise:

Task
One

Learning Objective: To understand the benefits of cardiovascular exercise and flexibility exercises. To also design a exercise chart for yourself and one other person.

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Design an exercise chart for you and one other person.

My Exercise Plan						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run	Long walk with Oscar	Work out video	Rest day	Work out Video	Run	Rest day

Mum's Exercise Plan						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long walk with Bailey	Work out video	Long walk with Bailey	Rest day	Long walk with Bailey	Yoga	Long walk with Bailey

**Task
two**

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Living Independently- Health and Wellbeing

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What should
you have
completed?

My Exercise Plan						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run	Long walk with Oscar	Work out video	Rest day	Work out Video	Run	Rest day


Mum's Exercise Plan						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long walk with Bailey	Work out video	Long walk with Bailey	Rest day	Long walk with Bailey	Yoga	Long walk with Bailey



Cardiovascular



Flexibility



Type of exercise:

Benefit of the exercise:

Type of exercise:

Benefit of the exercise: