



# Exploring Exercise Questions

\_\_\_\_\_

Which exercise could you do the most times in one minute?

\_\_\_\_\_

Which exercise did you like the best?

\_\_\_\_\_

Which exercise did you feel was the hardest?

\_\_\_\_\_

How does exercise make your body feel?

\_\_\_\_\_

\_\_\_\_\_

Complete these sentences using the words in the word bank.

Humans need exercise because it keeps their heart \_\_\_\_\_.

Exercise makes your muscles \_\_\_\_\_. It uses up calories and keeps your body \_\_\_\_\_.

When you do exercise, your body feels \_\_\_\_\_. Your heart beats \_\_\_\_\_ and you breathe more \_\_\_\_\_.

Word Bank:

fit      faster      quickly      stronger      tired      healthy