



Year 7 Fitness Lesson 1 – Effects of exercise

Big Question

How can we demonstrate understanding of how exercise affects the body in the short term?

Warm Up

Here is a warmup routine. Have a look and see what exercises you can do

<https://www.youtube.com/watch?v=AB1Go5Kpp9k>



Understanding the effects of exercise on the body are really important in sport as it means you can improve certain areas to improve your overall performance.

Key fundamentals include the effects on the Heart and Lungs and how the body avoids overheating.

The exercises below could be done at the park or in your own garden or house if you are isolating.

Activity 1 – Running

Try to run for at least 5 minutes before stopping. Make a note of all the effects of exercise on the body that you notice. You could make a note on your phone. Think about the heart, lungs and any other things you notice. Look at these tips for good running style

<https://www.youtube.com/watch?v=hdpSTCzEJB8>



Activity 2 – Sprinting

Try doing more of a straight sprint to see what effects it might have, are they the same as from the longer running exercise? What differences do you notice?

Check what you think by watching this video. See how many effects you recognise.

<https://www.youtube.com/watch?v=wWGulLaa000>



Activity 3 – Up to you

Choose another exercise activity, this could be any favourite activity. Challenge other friends/members of the family to beat your total or the time it takes to do a certain number.

Again what similarities and differences do you notice in what happens to the body?

Get inspired

If you want to challenge yourself further or enjoyed this session and just want to do more, then take a look at these home based challenges.

Be careful not to damage anything though!

<https://www.youtube.com/watch?v=ZQJLAX00P4k>

