

## TMAC Lil Dragons Standing up topic sheet – week 3

### Subject - Health

Our Health is a very important part of our martial arts lifestyle.  
We keep healthy in different ways.

For example:

1. The Food We Eat.
2. Exercise.
3. Hygiene.

#### 2. Exercise

Exercise helps us keep our bodies strong and fit so we can stay as healthy as possible. The more we exercise and keep up our fitness the better our bodies are at looking after us.

We can do many different forms of exercise including:

1. Football
2. Running
3. Tennis
4. Basketball
5. Gymnastics

When we exercise we raise our heart rate, this means our heart beats quicker to help push the blood around our body.

Exercise is the best way to make our muscles stronger and keep our hearts strong.

#### Our Martial Arts and Exercise.

When we take part in our Lil Dragons classes we are able to make sure we are staying active and healthy.

**Physical Activity:** We do lots of physical activity such as kicking punching and running which helps us raise our heart rate and keep strong.

**Stretching:** We spend a large portion of our class focussing on our stretching which helps keep our bodies more mobile and supple.