



Autumn 1 Science Quest



Are you ready to challenge yourself with
a Science Quest?

Earn 10 housepoints for your house by completing a challenge
and sharing it in school.

Year 3



What if we couldn't exercise?

How healthy would your body be if you couldn't exercise?

Would life be less fun if you couldn't play sports?

How would you travel without walking or using a bike?

How would you make friends without sport?

What you need

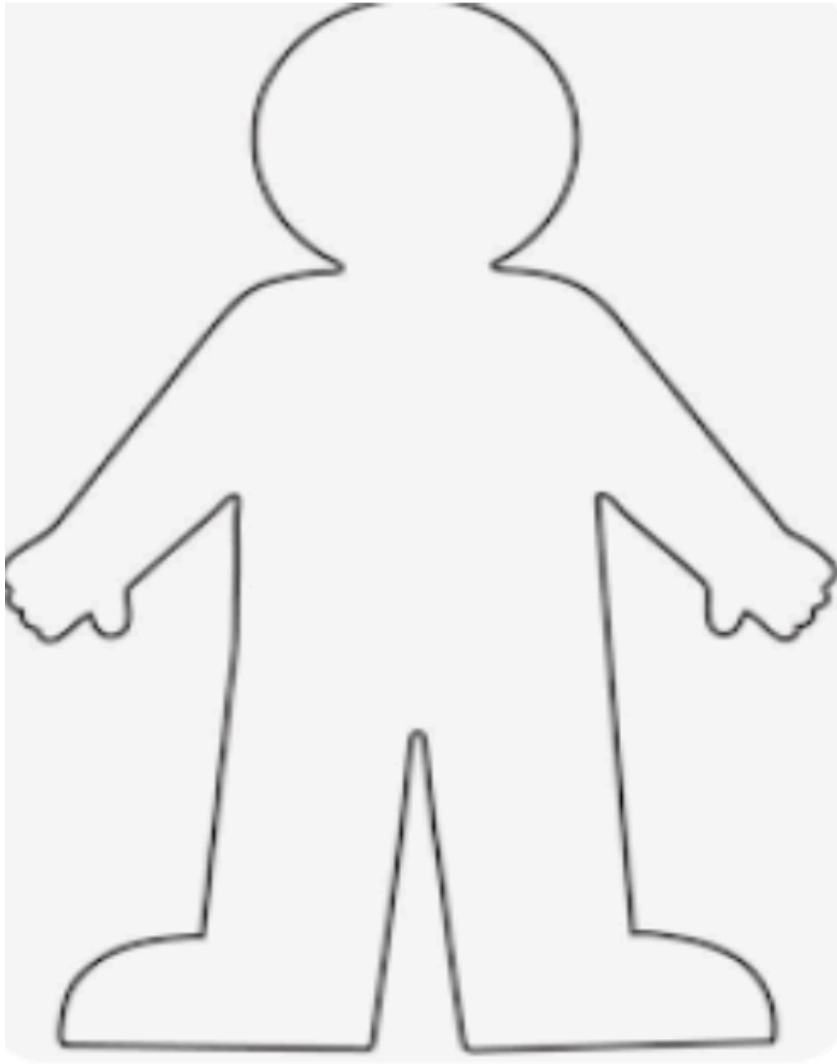
- paper
- pencil/crayons

What to do

1. Record your ideas on how healthy your body would be if you didn't exercise.

Create an exercise program that ensures you exercise for

60 minutes.



Background Science

You should do 60 mins of physical activity every day. Humans can exercise in lots and lots of ways and the forms of exercise are broadly categorised into 3 types: aerobic, muscle-strengthening and bone-strengthening exercise. Aerobic exercise is any activity that gets your heart pumping. We need to exercise to stay healthy and happy and keep our bodies strong. Think about what might happen if you couldn't run around the playground or walk home from school. What kind of changes would you see in your

body and fitness levels?