



The right formula

Taking driving into the classroom

Fitness and Nutrition – Theme 7: Keeping fit

Activity 7b

Exercise and sport

Different exercises or sports make different demands on our bodies, (see **Factsheet 7b: What happens during exercise**).

- Using **Template 7b: Exercise and Sport**, make a list of as many sports and exercise activities as you can think of.
- Decide the type of each one – is it aerobic, anaerobic or a combination?

Class organisation

Individual work

Resources

Template 7b:
Exercise and Sport

Factsheet 7b:
What happens
during exercise