



מדינת ישראל  
משרד החינוך



מערכת שידורים לאומית

# Health and Exercise

Grade 6 | English

With: Karen Preis-Hirschberg

.Please make sure to bring an open mind



# What will we do today?

We will work on reading and listening comprehension through :

- **Tongue Twister**
- **Facts about exercise**
- **The importance of exercise**
- **Doing some Challenges.**
- **Extreme brain puzzler**





# What do you need to prepare for the class?



pencil



paper



A watch or clock

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01:00

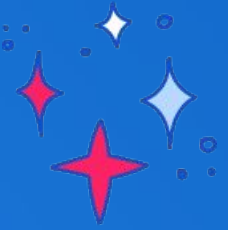


# A Tongue Twister on Exercise

*Whenever the weather is cold.  
Whenever the weather is hot.  
We'll weather the weather,  
Whatever the weather,  
Whether we like it or not.*



# ■ Did you know?



- Chewing gum makes you **more alert**.
- Exercise makes you **less tired**.
- Hand writing your homework **improves your memory**.
- Optimism or being positive and happy may help you **live longer**.



# ■ What do we know already?



We know that exercise.....

- keeps our heart and lungs strong and healthy.
- makes us more flexible.
- helps us keep a healthy body weight.
- lowers the risk of health problems.
- improves our mood.



■ But did you know...

... that exercising your **brain** is just as **important and healthy** as exercising your body?





# ■ So Let's Do Some Mental And Physical Exercise

A brain puzzler:

What can travel around the world while staying in a corner?



## So Let's Do Another Two

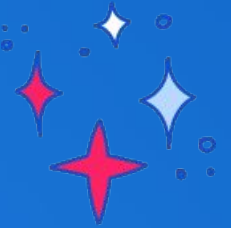
- What room can no one enter?
- What is always on its way but never arrives?



# Review Body Parts



# Happening Joints



1. Stand up.
2. Move from the tips of your fingers to the tips of your toes, flexing each joint.
3. Count how many joints you can move on your own.

How many did you count?



# ■ Fast Clap

1. Clap your hands right **in front of your body**, for 30 seconds.  
How many claps did you manage to make? Write down the number.



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**Could you clap the same number of times each time?**

# Another Thinking Activity



You have three minutes to put the body parts in ABC order.

<i>chin</i>	<i>cheek</i>	<i>eyebrows</i>	<i>hair</i>	<i>head</i>
<i>shoulders</i>	<i>knees</i>	<i>toes</i>	<i>eyes</i>	<i>ears</i>
<i>mouth</i>	<i>nose</i>	<i>arm</i>	<i>elbow</i>	<i>hand</i>
<i>fingers</i>	<i>chest</i>	<i>tummy</i>	<i>back</i>	<i>face</i>



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*eyebrows*

*hair*

*head*

*shoulders*

*knees*

*toes*

*eyes*

*ears*

*mouth*

*nose*

*arm*

*elbow*

*hand*

*fingers*

*chest*

*tummy*

*back*

*face*

03:00

# Check your Answers:

**fingers .11**

**hair .12**

**hand .13**

**head .14**

**knees .15**

**mouth .16**

**nose .17**

**shoulders .18**

**toes .19**

**tummy .20**

**arm .1**

**back .2**

**cheek .3**

**chest .4**

**chin .5**

**ears .6**

**eyes .7**

**eyebrows .8**

**elbow .9**

**face .10**



# Complete the sentences with the words from the word bank below



We know that \_\_\_\_\_.....

- keeps our heart and lungs \_\_\_\_\_ and healthy
- makes us more \_\_\_\_\_
- helps us keep a \_\_\_\_\_ body weight
- lowers the risk of \_\_\_\_\_ problems
- improves our \_\_\_\_\_

strong / mood / healthy / flexible / exercise / health



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# Check your Answers:

We know that exercise .....

- keeps our heart and lungs strong and healthy,
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# What did we learn today?

- Importance of exercise
- We need to exercise both our bodies and our minds
- Reviewed our body parts vocabulary



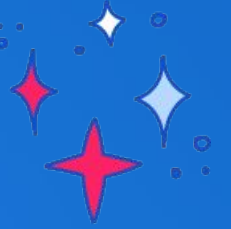
# ■ Assessment:



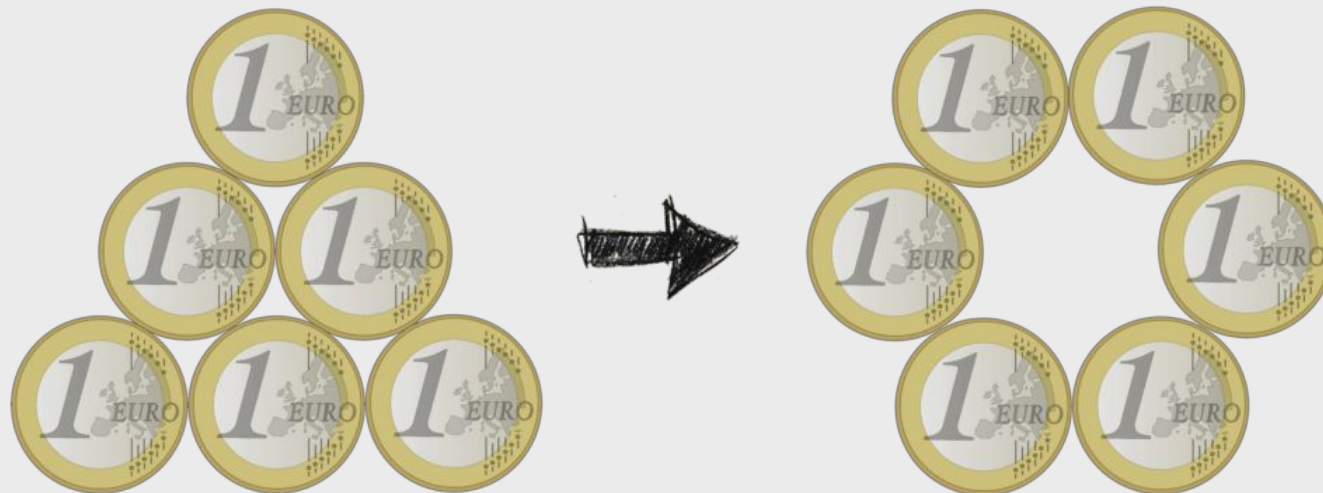
On the following slide, there is a super challenging brain problem for you to solve. Copy it, solve it, take a picture of the results and send the answer to your teacher.



# Assessment:



1. Get 6 coins and place them on a table in a triangle just like in the picture below.
2. In four moves, rearrange the coins to look like a flower, as in the second picture.





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■ Thank you for  
!watching  
הופק עבור משרד החינוך ע"י מטח