

Exercise

Exercise – Follow-Up Work

Why is exercise important?

What happens to our heart when we exercise?

What do you think would happen if we didn't exercise?

Is this a fiction or non-fiction text? How do you know?

Can you identify three headings in the text?

What does a heading tell us?

What does the author suggest we try if we do not enjoy sports?

Why do you think learning about exercise is important?
