

# Fact Cards

Cut these cards out and put them in order

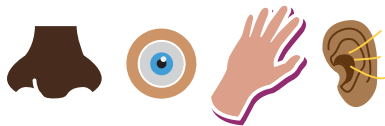


Fact Card 3: Eyes



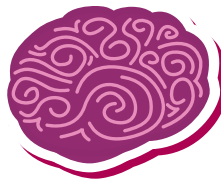
Cycling, walking or scooting helps you explore your local area. What animals and plants are hiding nearby.

Fact Card 7: The senses



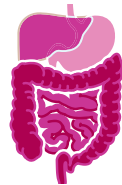
Cycling, walking or scooting helps you to hear, see, smell and feel the world around you more, compared to travelling in a car.

Fact Card 4: Brain



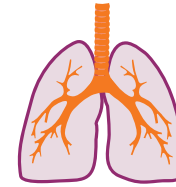
Exercise increases your heart rate, pumping more oxygen to your brain which helps with memory and thinking.

Fact Card 8: The digestive system



Eating high-protein foods as part of a balanced diet helps the body to recover from exercise and to build muscles.

Fact Card 1: Lungs



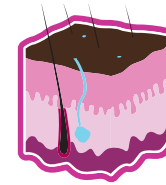
Exercise like walking, cycling and scooting improves the amount of oxygen your body can take from the air.

Fact Card 5: Hands



Cycling improves hand-eye coordination by increasing communication between both sides of your brain.

Fact Card 9: Skin



You can wear any clothing to travel actively – school uniform, sports gear, everyday clothes or even costumes.

Fact Card 2: Heart



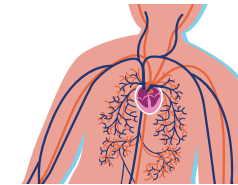
Just like any other muscle, your heart can get stronger with exercise. Travelling actively can help strengthen your heart.

Fact Card 6: Bones and muscles



Muscles don't just help us to move. It takes 17 muscles to smile and 43 to frown.

Fact Card 10: The circulatory system



Travelling actively increases the number of white blood cells – the cells in your blood that help you fight off disease.

# Challenge Cards

Cut these cards out and put them in order



## Challenge Card 3: Eyes

Ask a grown-up to hide a ball in a room or in the garden. You have one minute to find it.

If you can you have completed the challenge.

## Challenge Card 4: Brain

Can you remember:

- Your first teacher's name?
- Your best friend's surname/ second name?
- What you had for dinner last night?

If you can you have completed the challenge.

## Challenge Card 1: Lungs

Put a pencil or small ball on the floor. Can you move it to the other end of your room just by blowing it?

If you can, you have completed the challenge.

## Challenge Card 2: Heart

Can you measure/count your pulse (at your wrist or neck) for one minute? Jump up and down for 30 seconds and re-count your pulse.

If your pulse rate is higher/faster, you have completed the challenge.

## Challenge Card 5: Hands

Throw and catch a ball 20 times.

If you don't drop it, you have completed the challenge.

## Challenge Card 6: Bones and muscles

Can you do 10 press-ups (working your arm muscles) and 10 sit-ups (working your stomach muscles)?

If you can, you have completed the challenge.

## Challenge Card 7: The senses

Can you find five things in your house and garden:

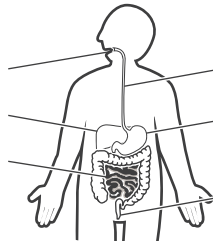
- Something you can smell?
- Something you can touch?
- Something you can see?
- Something you can hear?
- Something you can taste?

If you can, you have completed the challenge.

## Challenge Card 8: The digestive system

Can you link these words with the correct bits of the digestive system to complete the challenge?

- Small Intestine
- Rectum
- Liver
- Oesophagus
- Stomach
- Large intestine
- Mouth



## Challenge Card 9: Skin

Can you find things in your house or garden that are:

- Warm?
- Cold?
- Smooth?
- Rough?
- Prickly/sharp?

If so, you have completed the challenge.

## Challenge Card 10: The circulatory system

Can you 'circulate' through every bit of your house and garden? Go into every room and run around your garden. You have two minutes – go.

If you can manage this, you have completed the challenge.