

## Grade 4 Benefits of Exercise Assignment - Criteria

1-As a group, we brainstormed why exercise helps our physical body and why exercise helps our mental wellness.

Reasons why exercise helps our Physical body/health	Reasons why exercise helps our mental wellness
<ul style="list-style-type: none"><li>-healthy heart</li><li>-healthy lungs</li><li>-improves stamina</li><li>-learn new athletic skills</li><li>-bones get stronger</li><li>-muscles get stronger</li><li>-improves flexibility</li></ul>	<ul style="list-style-type: none"><li>-makes you more alert</li><li>-helps you stay more focused on school work</li><li>-endorphins get released in your brain when you exercise, which relieves stress, makes you more calm</li><li>-can help ease the effects of depression and anxiety</li><li>-you feel happy because you can make new friends</li></ul>

2-How can we show that we understand that exercise is good for our physical body or mental wellness?

-Students choose at least 2 or 3 of the ideas above about why exercise is good for our physical wellness or mental wellness, or both.

-Show your understanding of this topic by presenting your work in one of the following ways:

Poster  
Poem  
Venn Diagram

Story book  
Comic strip  
Letter to a Fictional Character  
Board Game

We will work on this in health education class on Tue. Oct. 20 and 27, as well as on Tue. Nov. 3. This will be due at the end of class on Tue. Nov. 3.