

Busy Feet in Red Room

In Red Room, we do Busy Feet every week in promote physical exercise and healthier lifestyles. Busy Feet helps us to be active, build up our physical skills and development by moving our bodies in different ways. This week we explored the impact that physical exercise has on our hearts and how we keep our hearts heathy. We felt our heart beating before and after exercise. In Red Room, we enjoyed exercising and keeping our bodies fit and healthy. We know that it is important to look after ourselves and having a good well-being.



Talking points/Key questions:

Where is your heart?

What does our heart do?

Why do we need to do exercise?

What animals movement comes next?

How can we move like that animal?