

# Knowledge Organiser Bounce

## Subject Specific Vocabulary

Ball	Something that is usually a sphere and is used in a game or sport.
Bounce	To spring back, up or away after hitting a surface.
Exercise	Activity that requires physical effort, usually done to improve body strength and health, such as running or swimming.
Heart rate	The number of times a heart beats per minute.
Material	A substance from which things can be made.
Muscle	A part of the body that can contract and relax to produce movement.
Pulse	The regular beat of the heart, felt at the wrist or neck.
Skill	The ability to do something well.
Sport	A game or competition with rules in which physical effort and skill are needed.

## Sticky knowledge

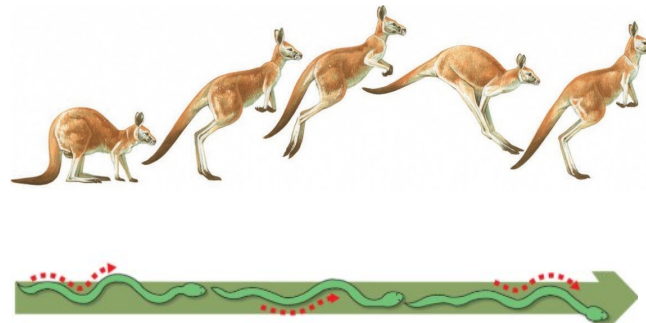
Regular exercise is important to keep the body fit, strong and healthy. Exercise can help people feel good, relaxed and sleep well. There are lots of types of exercise.

Regular exercise is good for the heart. The heart is a muscle that pumps blood around the body. The heart works harder when the body does exercise.

Heart rate can be measured by feeling a pulse. The best place to feel your pulse are on your wrist or neck using two fingers. The pulse is faster during and straight after exercise.

Many sports are played with a ball. Balls can be made from different materials, including rubber and plastic. Some balls bounce and some balls roll.

Animals can be grouped according to how they move . For example, some animals bounce like a kangaroo and some animals slither like a snake.



## Exciting Books

