## <u>Introduction to Participating in Exercise Unit</u>

One of the units you will be doing on your course is Participating in Exercise.



Identify as many types of exercise as you can!						

## List 5 benefits you get from exercise:

1	
2	
3	
4	
5	



Do some research into an exercise of your choice. Write at least 100 words saying where you could do this and how. Include any rules for the exercise and identify any special equipment you need.

Well done! We are looking forward to seeing you in September!