

Bounce

Balls in sport

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.



Footballs are kicked.



Snooker balls are struck.



Hockey balls are hit.



Basketballs are bounced.



Bowling balls are rolled.



Netballs are thrown.

Spheres

Many objects are the same shape as a ball. This shape is called a sphere. Some spheres are everyday objects and others are found in nature. They are made from different materials and can be different sizes.



bubble



spacehopper



bauble



Earth



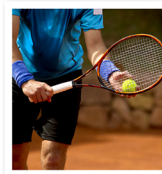
tomato



dandelion clock

Special equipment

People use many types of equipment to play sports. These include special clothing or shoes, a racket or helmet.



tennis racket



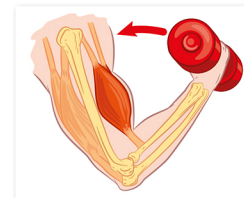
football boots



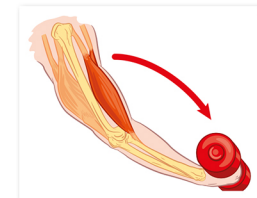
bike helmet

How we move

The human body has muscles to help us move. Muscles move body parts by contracting and relaxing.



muscle contracting



muscle relaxing

How animals move

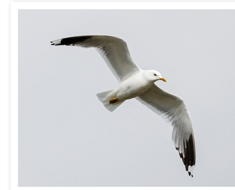
Animals can be grouped according to how they move. For example, some animals bounce like a kangaroo and some animals slither like a snake.



Kangaroos bounce.



Penguins waddle.



Birds glide.



Snakes slither.

Famous sportspeople

Some people are famous because of their sporting achievements.

Some sportspeople have faced problems in their lives. They have worked hard to overcome these problems to become successful.

Here are some famous sportspeople.

Pelé

Pelé was a footballer from Brazil. He came from a very poor background and is thought to be one of the greatest footballers of all time.



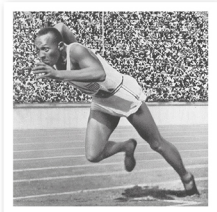
Tanni Grey-Thompson

Tanni was born with a back problem so she uses a wheelchair. She has won 16 Paralympic medals for wheelchair racing, including 11 gold medals.



Jesse Owens

Jesse was a black American athlete. He won four gold medals in the 1936 Olympics, at a time when some people were treated unfairly because of their skin colour.



Exercise

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



walking



gardening



gymnastics



cycling



roller blading



skipping

Heart

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 places to feel your pulse are on the wrist or neck using two fingers. The pulse is faster during and straight after exercise.

Glossary

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.