

# Impact of Exercise on Bodily Functions

In the boxes below, write down everything that you know and have found out about the impact of exercise on bodily functions. How can exercise impact the function of the body? How can exercise benefit the body's function? Are there ways it can be detrimental?



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**Disclaimer:** Sensitive and/or upsetting topics may emotionally impact your students due to past experiences. You should consider whether this content is appropriate and ensure adequate support is available for anyone affected. The nature of this resource requires independent, child-led research. It is advisable to use only pre-selected, child-appropriate sources of information and websites that are appropriate to their age. Please also be aware that there may be aspects of a topic or individual's life which may be controversial or upsetting to some. Due to this, we highly recommend that you carefully consider all research activities before undertaking them with children.