

Physical Health

One of our parents came to Lister school to talk about importance of exercise. The children enjoyed a heart raising aerobic session, moving to modern tunes!



Before the bell chimes, Mrs Mulvihill wakes up all the children and parents with a rise and shine lesson!



The children enjoy reciting a poem about what happens to the body when at rest and after exercise!



*Mr Beat is a body part
He has a lot of rhythm and
they call him **heart**
He lives in a cage inside our
chest
Beats fast when we exercise
Slower when we rest.*