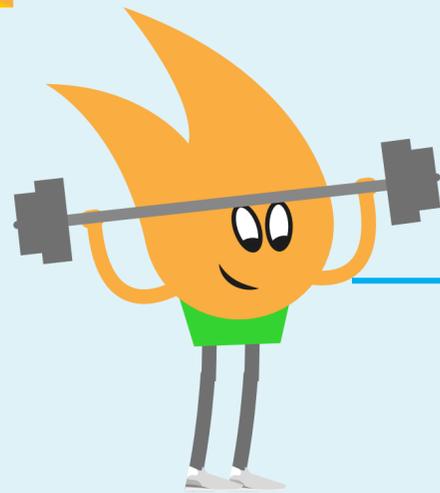# What is endurance?

Endurance is being able to be active for a long period of time.

We can have

Muscular endurance + **Cardiovascular endurance**

arm

heart

This is when a muscle or group of muscles, work for a long time without getting tired.

This is the heart and lungs being able to deliver oxygen to muscles while they are working without the body getting tired.

We breathe air into our lungs. There is oxygen in the air needed to help our muscles work.

The heart works like a pump and **beats 100,000 times a day.**

The heart pumps blood to the lungs to pick up the oxygen and it also takes the oxygen-rich blood from the lungs and pumps it to the body.

The more our muscles work, the more oxygen they need, so the faster our heart must pump to get oxygen to them.

Breathing

Breathing In
INHALATION

Breathing Out
EXHALATION
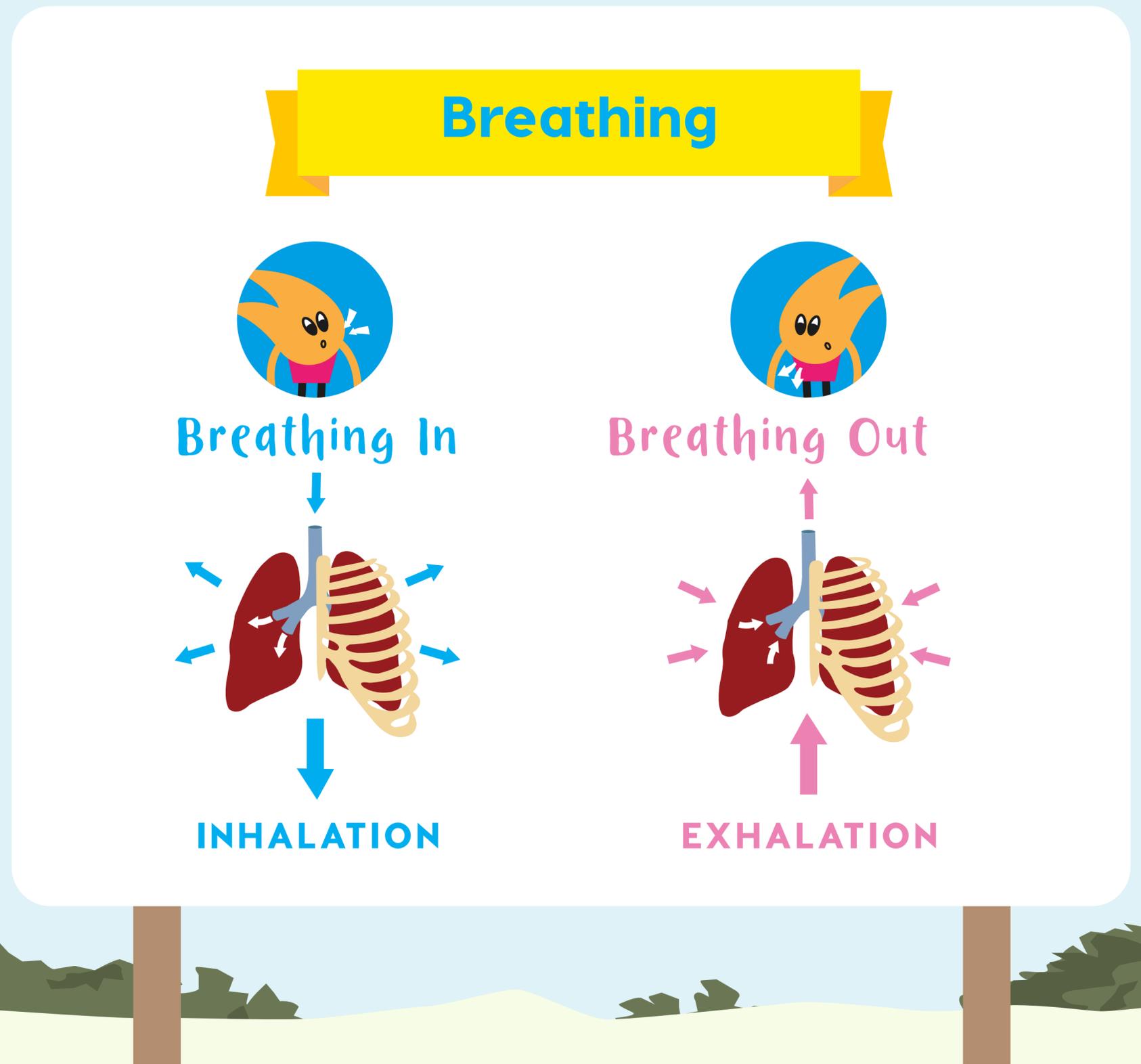
It is recommended school age children should be active for an average of.....?

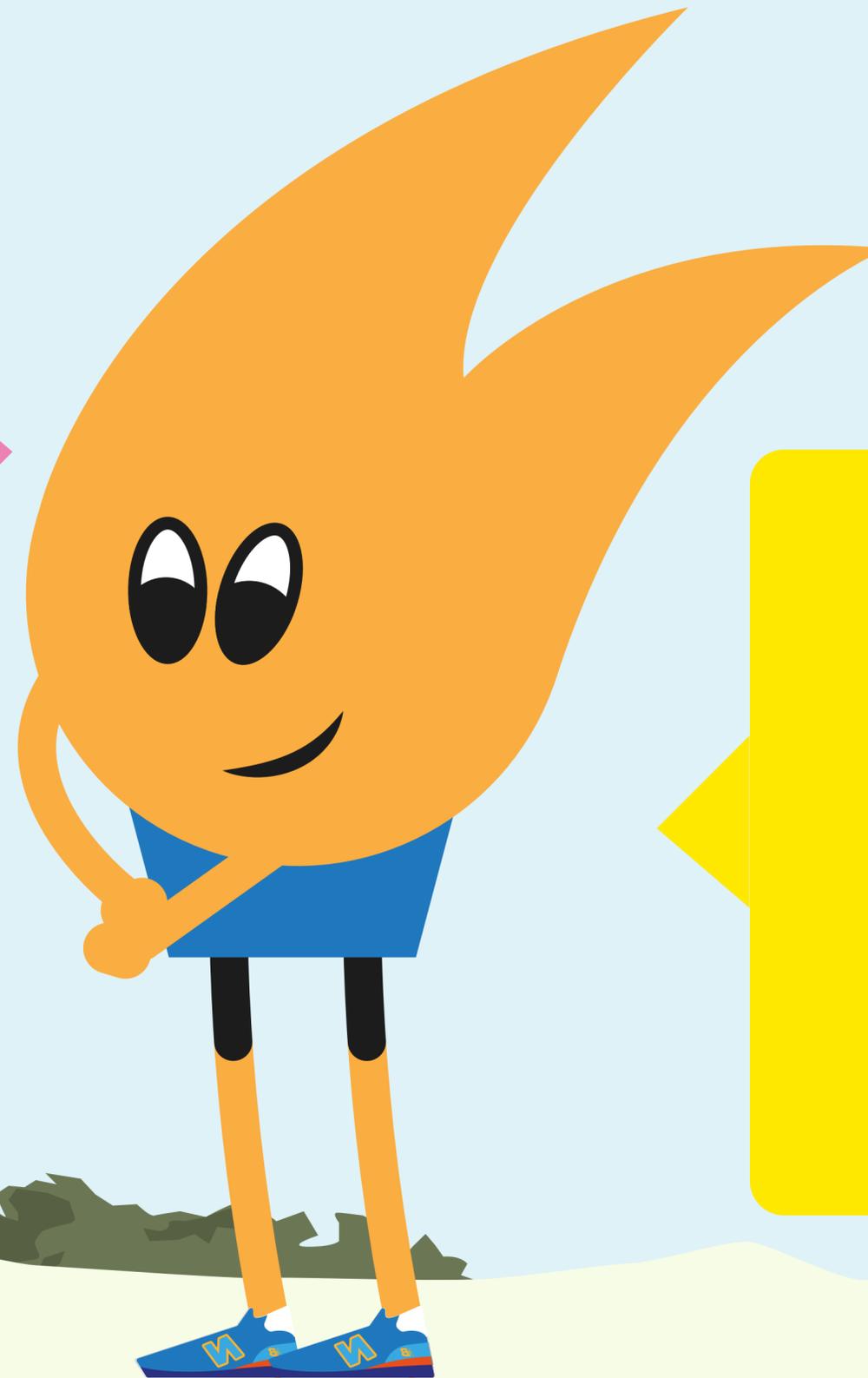# 60 MINUTES

per day across the week.

Before school, travelling to school, lunchtime, in PE, after school, at home on the weekend and doing your Daily Mile.

Running, dancing, jumping, walking, football, netball, skipping- anything that gets the heart pumping.
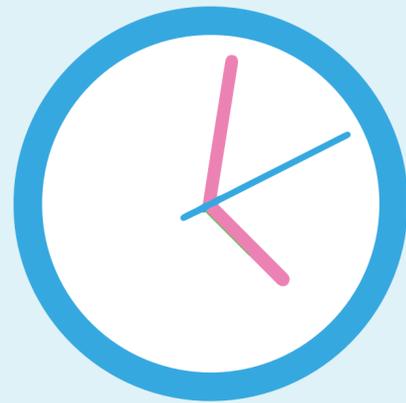
Now stand up and run on the spot as fast as you can, pump your arms, knees high.

Now feel your pulse, is it beating faster?

We have a great activity for you to do, looking at your heart beat.

What is our Challenge?

This week we challenge you to be active for at least **60 minutes in total** every day

An easy way to do 15 minutes each day is to do The Daily Mile, at school.

Try at break time, lunch time, in PE, after school and at home.

Get your heart pumping and improve your endurance.

Record how many minutes you do each day in your Mission Tracker.

Move more, sit less and don't forget to run!