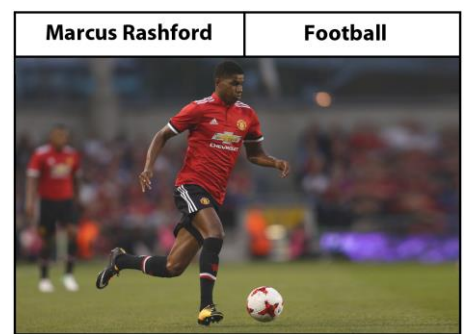
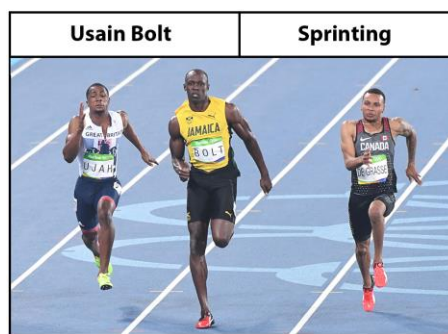


Activity 3: How do different sports impact the body?

When we exercise our heart supplies oxygen to the muscles – the type of exercise we do impacts how fast our heart beats and how we breathe.

Draw a line to match each sport type with the impact it has on the athlete's body:



Fast heart rate
and breathing

Steady heart rate
and breathing

Heart rate and breathing
sometimes fast and sometimes steady

