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To explain how our body changes during exercise

Key Words: Muscles, ache, sweat, perspire, work, blood, heart, lungs, oxygen, pump
Starting words: Firstly, secondly then, next, afterwards, finally
Connectives (causal): because, so, as, during, while, when

Firstly, _____

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Draw a diagram to help explain what happens: (or draw pictures of people exercising