

GET ACTIVE



AIMS

- To understand why being active is important
- To understand the benefits of being active
- To know how to be more active throughout the day.

PREPARATION AND MATERIALS

- PhunkyTunes 1 - I want to Get Fit
- Get Active PowerPoint Presentation

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ASSEMBLY - (15-20 MINS)

1. Have 'I Want to Get Fit', track 2 from PhunkyTunes 1 playing as the children file in.
2. Once everyone is seated, tell everyone to stand back up again, then sit down, stand up and repeat this for 5 repetitions. Now ask everyone to march in place for 10 seconds, then jog on the spot for 10 seconds. Now get everyone to stretch up and shake their hands in the air for about 10 seconds. Then get everyone to shake their hips for another 10 seconds.
3. Now tell everyone to put their hands on their hearts and feel if they are beating faster? Explain that this is a form of moderate activity and it's great because it has increased everyone's heart rate.
4. Why is that, you may well ask. Explain that physical activity is good for your mind and your body and is vital for children's development and lays the foundation for a healthy and active life. So you must get used to GETTING ACTIVE from a young age, then it will always be a part of your life and you will live a longer, healthier life!
5. Go through the PowerPoint and briefly discuss all the benefits of getting active.
6. Next, ask the children if anyone knows what the government say about how much exercise children should have every single day?
7. The answer is 60 minutes. That is 60 minutes, one hour, of physical

activity every day. Now, that doesn't mean that you have to do it all at once... Oh no, you can spread this out over a whole day. That makes it really really easy to achieve then doesn't it?

8. You might even be getting active without even realising it. (go through the PP slides to show how easy it is to get active)
9. You might have scooted to school, be running around the playground at break time, or trampolining, or playing football. These are all excellent ways of getting active, and having fun at the same time. AND, it's not one solid hour that you have to find every day, you can break this up and do lots of different things. Even walking is a great way of getting active, so next time your Mum, Dad, carer or grandparent suggest going for a walk, think again before groaning and complaining and remember what wonderful things getting active does for your body!
10. Ok, let's just have a look at how we could be more active throughout the day.
11. Ask the children to volunteer suggestions on how to be active throughout the day. For example: We could play running games at break time; we could get a skipping rope and skip; we could walk to school; we could play outside after school instead of sitting indoors!
12. Finally, ask the children if they can tell when they have been physically active, what are the changes that might occur in their bodies that demonstrate they have been active? For example, our heart rate gets quicker, we can get out of breath, our faces might get pinker, we might get sweaty and hot. All of these factors indicate that we have been physically ACTIVE and they mean we are doing wonderful things for our bodies. So, let's get ACTIVE!!!!!!

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REFLECTION

So, on reflection, we know the following:

1. It is important that we get active.
2. It is important that we are active every day for at least 60 minutes.
3. We can recognise when we have been sufficiently active because our heart rate gets quicker, we are out of breath, our faces might get pinker, we might get sweaty and hot.
4. We know that being active is easy to achieve and we can all do it, for free, each and every day.