

GET ACTIVE



AIMS AND OBJECTIVES

- To understand the importance of being active
- To know how much exercise we need every day
- To recognise when we have been active
- To be able to think of ways to get active

PREPARATION AND MATERIALS

- Have the children wear their PE Kit, or at least their pumps
- PhunkyTunes CD - I Want to Get Fit, dance re-mix
- Photocopies of page 3 of this document
- A large classroom or hall (they will need space)

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WORKSHOP (30 MINUTES)

1. Have the children ready in their PE kits, or at the very least, pumps or trainers, so that they are ready to get active! Have the 'I Want to Get Fit' song playing from PhunkyTunes.
2. The first part of this workshop is to actually GET ACTIVE, so, we'll start with a warm up exercise. Explain to the children that they will pretend they are late for school and carry out all the activities needed to get ready on the spot. Pupils copy your actions on the spot. Pretend you are asleep and suddenly wake up and realise you are late for school. Brush teeth, wash face, get dressed, run downstairs, run upstairs, collect homework, eat breakfast, open/close front door, run, arrive at school.
3. Now for a game of ACTIVE DICE. The children should find a space in the classroom. Explain that you have a dice and each time you roll it the children need to carry out an activity relating to the number rolled. 1 – run on the spot as fast as you can; 2 – star jumps; 3 – touch the floor and reach high up to the sky; 4 – touch you elbow with your opposite knee and swap; 5 – march on the spot with knees high; 6 – stand with legs wide and touch toe with opposite arm, alternate each arm. Do this for about 8-10 mins.
4. Ask the children to notice any changes in their body, for example, is their heart beating faster, have their cheeks got pinker, do they feel warmer, can they feel any aches in any muscles?
5. Finally the children need to warm down, this one is 'Getting Ready for Bed'

Explain to the children that they will pretend they are getting ready for bed and carry out all the activities needed to get ready on the spot. You must call out the actions and demonstrate them for children - put on your pj's, brush your teeth, wash your face, get into bed and lie on the floor sleeping.

6. Re-cap to the children about how we can tell if our bodies have been sufficiently active, ask the children to say how the Get Active session affected their bodies just now.
7. Ask the children if they remember how much exercise the government recommend that children should have every day.. It is 60 minutes.
8. Explain that the 60 minutes doesn't have to be one long session, it can be broken up into segments. (You could do some maths here - ask the children how many 10 minute sessions they would have to exercise for to reach 60 minutes; what's the fraction, percentage etc).
9. Split the class into groups and give each group a copies of the sheet attached. Ask them to think of as many ways of getting active for 10 minutes and list them in the space next to the activity wheel.
10. Bring the class back together and ask a representative from each group to list the activities. Write them all on the board. You can help the children with your own suggestions for 10 minute activities but things like skipping, star jumps, running up and down stairs, playing tig etc are all very accessible ways to get active that don't require any equipment or money.
11. Now ask the children to fill in their activity wheel with six activities they think they would like to do, and that they could realistically achieve (i.e. there's no point in saying they will unicycle for 10 minutes if they don't have a unicycle!)
12. Tell the children to take their wheel home and tick off each 10 minute session they do and report back the next day.
13. If you have time, you could get the children to create their own activity timetable for a week.

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REFLECTION (5 MINUTES)

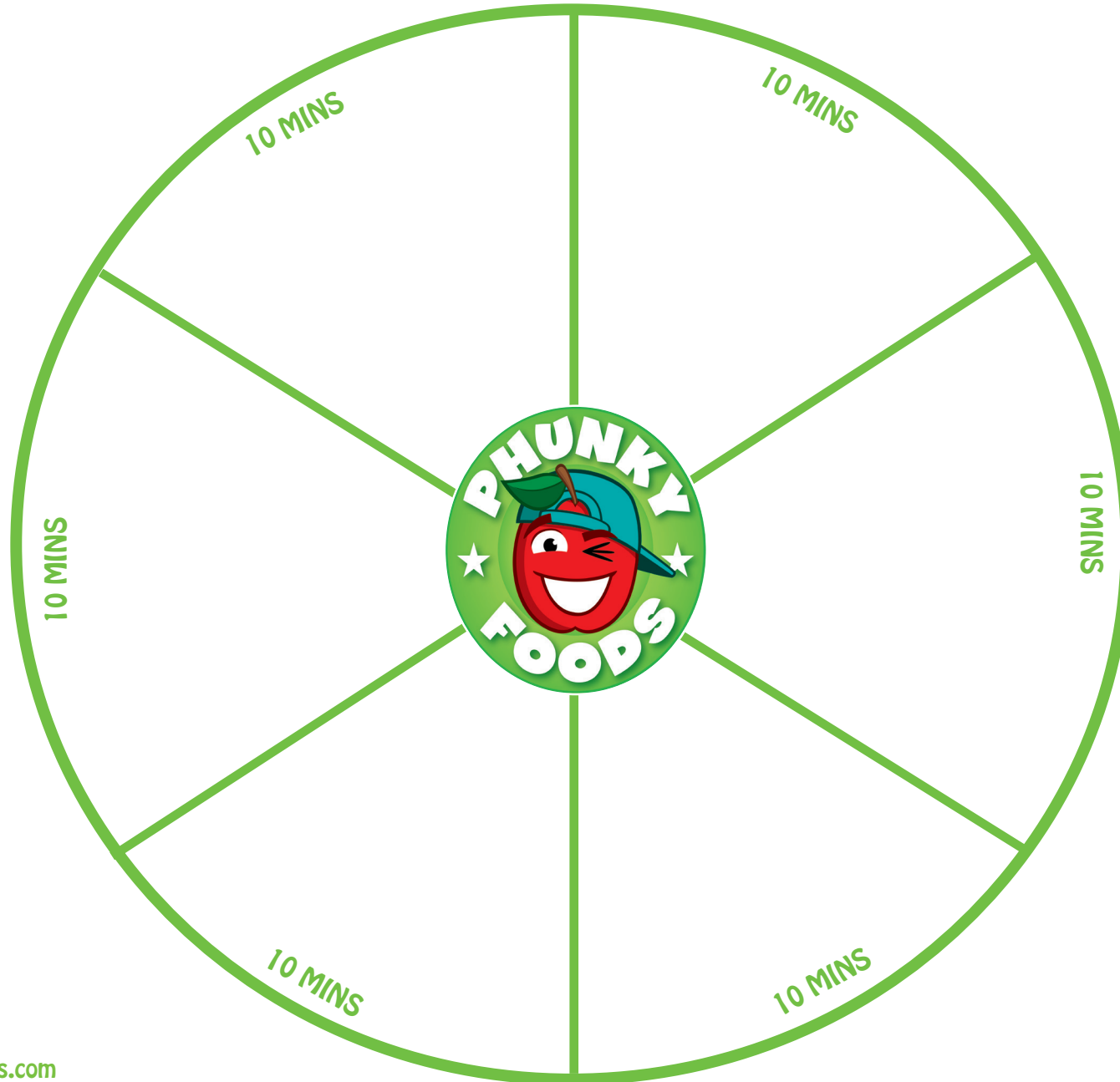
SO, on reflection, we now all know that:

- It is important to get active - every day.
- We can incorporate being active into everyday life.
- We need to see physical changes in our bodies to know we have been sufficiently active (ie heart racing, sweating).
- There are lots of ways that we can get active and have fun at the same time.

EVALUATION (5 MINUTES)

Ask the children the following questions and record their answers.

1. Do you know why it is important to be active?
2. Can you think of at least two ways that you can get active every day?
3. Can you recognise when you have been sufficiently active?
4. Will you be asking your family to get active with you?



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