

GET ACTIVE



AIMS AND OBJECTIVES

- To be able to explain the importance of being active
- To state how much exercise we need every day
- To recognise when we have been active
- To be able to choose of ways to get active

PREPARATION AND MATERIALS

- Pupils to be wearing PE Kit/trainers
- Hall/playground (enough space to run around)
- PhunkyTunes - KS2 I Want To Be Fit
- Large dice
- Paper and pens
- Worksheet: Activity Wheel (page 3 of this document)

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WORKSHOP (30 MINUTES)

1. Ask the pupils to put on their PE kits or trainers whilst playing the **PhunkyTunes song: KS2 I Want to Be Fit song.**
2. The first part of this workshop is to actually get active, so we need to begin with a warm-up activity, to prepare our bodies for exercising. Explain to the pupils that they are going to pretend they are late for school and carry out all the activities needed to get ready, on the spot. Ask the children to copy your actions. First, pretend you are asleep and then wake up, stretch your arms and suddenly realise you are late for school! Get dressed quickly, run downstairs, make your breakfast, eat your breakfast, run upstairs, brush your teeth, wash your face and run downstairs. then you realise you have forgotten your homework, run back upstairs, collect your homework and run downstairs again, put your shoes on, open/close front door, run to school and finally, arrive at your classroom.
3. Next, ask the pupils to find a space for a game of Active Dice. Explain that each time you roll the **dice**, 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 to your opposite knee and swap; 5- march on the spot; 6- stand with legs wide and touch toe with opposite arm, alternate each arm. Play this game for approximately 8-10 minutes.
4. Ask the children to notice and share any changes to their bodies. For example, is their heart beating faster? Have their cheeks become flushed? Do they feel warmer and sweaty? Are they breathing harder? Can they feel aches in any muscles?

5. Explain to the class that it is important to cool down after exercising. During this next activity, the children need to pretend they are getting ready for bed but carrying out all the activities on the spot. Call out the actions and demonstrate them for children e.g. put on your pyjamas, brush your teeth, wash your face, get into bed and lie down on the floor and 'go to sleep'. Allow the pupils one minute of quiet time.
6. Recap with the class, the different ways in which our bodies show that they have been sufficiently active. Ask the children to think about how the Get Active session they've just completed, affected their bodies.
7. Do the pupils know how much exercise the government recommend that children should do every day. The answer is 60 minutes.
8. Explain that the 60 minutes doesn't have to be one long session, it can be broken up into segments. Ask the class to work out how many 10 minute sessions they would have to exercise for, to reach the 60 minutes target.
9. Split the class into groups and give each group a piece of **paper and pens**. Ask the pupils to list as many different ways of getting active for 10 minutes as they can.
10. Bring the class back together and ask a volunteer from each group to list their activity ideas. Write them all on the board. Add to the pupils' list with your own suggestions but including activities like skipping, star jumps, running up and down stairs, playing tag etc, which are all very accessible ways to get active that don't require any special equipment or money.
11. Next, ask each pupil to fill in an **Activity Wheel worksheet** by including 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. Ask the pupils to take their wheel home and tick off each 10 minute session they complete and report back to the class the next day.
13. If time allows, the children could create their own activity timetable for a week.

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REFLECTION (5 MINUTES)

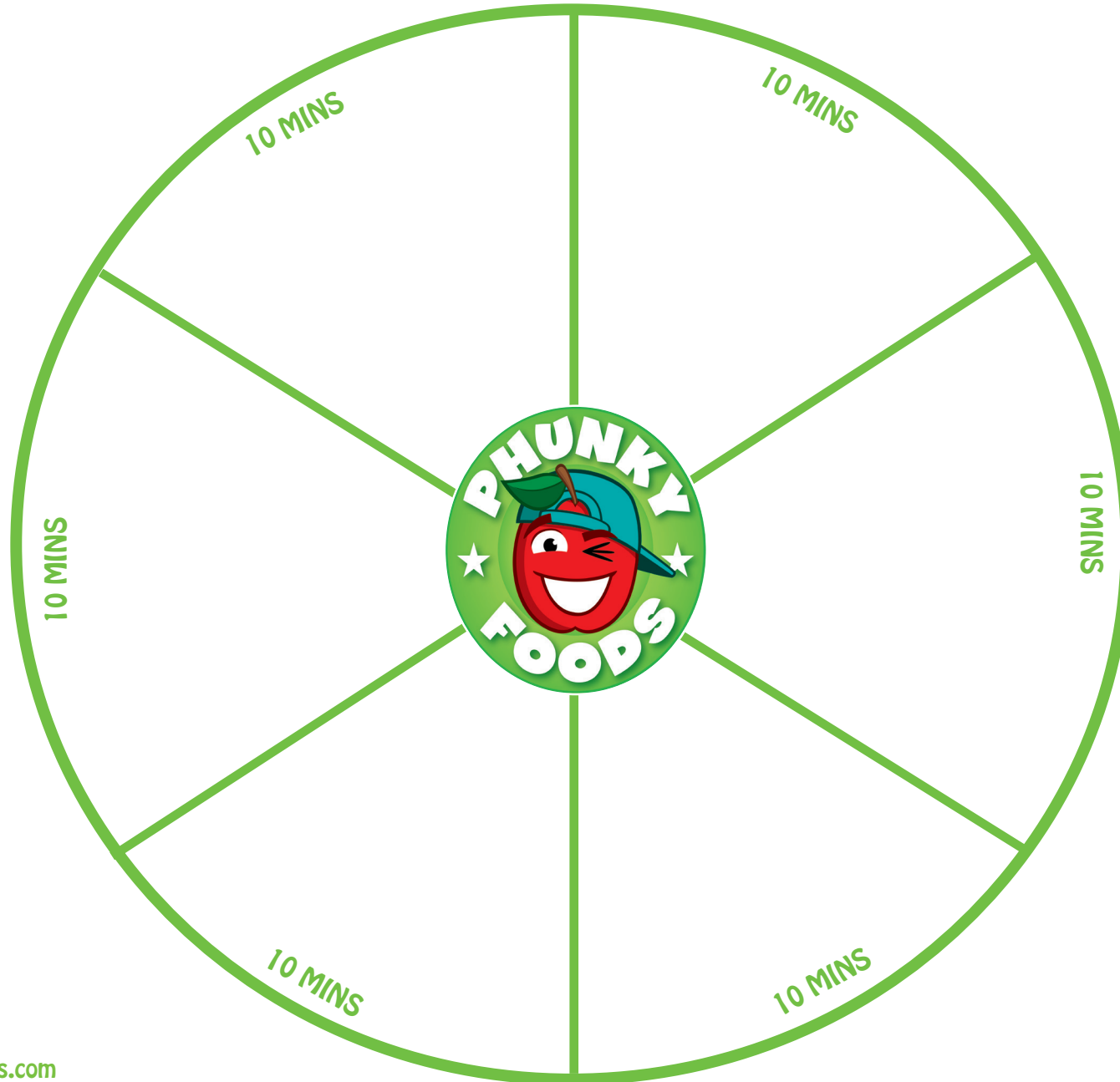
To summarise:

- It is important to be active every day.
- We can incorporate being active into everyday life for example, walking to school and running around the playground.
- We need to see physical changes in our bodies to know we have been sufficiently active (e.g. feeling warm and our hearts beating faster).
- There are lots of ways that we can get active and have fun at the same time.

EVALUATION (5 MINUTES)

Ask pupils the evaluation questions below and record their answers.

1. Who has learnt something new today?
2. Who feels that they now have a better understanding of the importance of being active?
3. Who is going to try and put into practice what they have learnt today?



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