



## School travel lesson plans Fit Friday

### Health and Fitness Assembly Plan

Yr R,1,2,3,4,5,6

Duration: approx 30 mins

**Objectives;** by the end of assembly the children should be able to

- Understand why good health is important to them and to others
- Give examples of how good health makes you happy
- Explain why good health is important as you get older

### Introduction

Introduce yourself and explain briefly what the children are going to learn about using the objectives above.

Today is the first day of Good Going Week. Good going is a campaign to make us aware that travelling can have a good impact on the environment providing we choose the right way. It can also keep us fit and healthy.

Put your hand up if you think travelling in a car keeps you fit and healthy?  
Put your hand up if you think travelling by bike keeps you fit and healthy?  
Put your hand up if you think not travelling at all keeps you fit and healthy?

So for journeys such as the journey to school, we can focus on walking and/or cycling as these are good for the planet. However not only are they good for the planet – they are also good for us as they are one way of keeping fit.

And the fitter we are – the happier we are

### Main Presentation

Pick six volunteers from different age groups (preferably pair up older with younger) to stand at the front and mime in pairs their favourite sport or physical activity - football, cycling, tennis, trampolining, rugby, gymnastics, netball, athletics etc

Ask pupils in the audience to say what activities they think the actors are miming.

Who likes one of these activities?

Gauge response and comment on how popular they are ask why...think of other activities that help to keep our bodies healthy.

Ask pupils miming, how do their bodies feel after 10 mins of doing this activity  
Make sure you mention that exercise gives us energy and keeps us alert.  
Why is exercise healthy? How does exercise keep us healthy?

Draw an outline of a body on the flip chart or OHP (see example below) or ask one child to stand at the front, or ask a child to lie down and draw around them to create an outline and add the title - Exercise helps us have....  
First add 'energy' to the diagram and illustrate with lines emanating from the outline.

People might think that exercising makes you tired but exercising regularly will give you more energy! Exercise also circulates fresh oxygen throughout the body so you feel awake and alert. Life is more fun when you have lots of energy!

Next add 'stronger bones'. to the list and draw a simplified skeleton inside the body.  
Can you feel a bone in your body?

Regular exercise gives you stronger bones that last your whole lifetime. Sometimes when you get older your bones become weaker. Exercise will help them stay in good condition.

Third, write 'stronger muscles' and add bulging muscles to the arms of the figure.

Can you make a muscle work in your body? Everyone can benefit from being stronger. We can work harder and we can play more when we have stronger muscles. We can use our muscles to look after ourselves and to help others who are not so strong.

Fourth, write 'Exercise helps to protect us from illness', and draw a circle around the shape adding some bent arrows to represent germs and disease being thwarted.

Scientists think that exercise may help your body to fight off germs and diseases. Wouldn't it be great not to have so many colds and sniffles in the winter?

Fifth, add 'to be happier' to the list and draw in a happy face.

Exercise makes most people feel good, and when people feel good they are more cheerful. People who do regular exercise have a more positive outlook and are happier overall compared to those who don't do any at all.

Lastly write 'to meet new friends', and position some quick sketches of friends around the diagram.

Exercising often means meeting up with others to share an activity. It's a good way to make new friends and to have fun with other people!

How are you going to be healthy today and for the whole of next week?

One of the easiest ways to keep healthy and fit is to walk or cycle to and from school. And you can do this with your friends. Hands up who is going to walk or cycle to and from school this week hands up who already does?

### **Summary**

"Our health is one of the most precious things we have. Imagine if we had all the riches in the world. Would we be able to enjoy them if we were ill? Would we be able to learn as much at school or enjoy our friends and families and favourite pastimes? The chances are, not as much! Keeping fit can be fun as well as good for us and if we help keep ourselves healthy, we will have more energy to enjoy and appreciate the world.

### **Recommended Resources**

Paper and pens for body outline