

The Character Curriculum

Flourishing for Life



<p>Y1: Healthy me L3 - Exercise</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Identify the benefits of regular exercise. 	<p>Key vocabulary: Exercise, heart, lungs, muscles, brain, bones, active Key virtues: Courage, confidence, team work, perseverance</p>
<p>Resources:</p> <p>Bone, brain, heart images (resource 3).</p>	<p>Statutory links: Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - The characteristics and mental and physical benefits of an active lifestyle. - The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. - The risks associated with an inactive lifestyle (including obesity). 	
<p>Key questions:</p> <p>What happens to our bodies when we exercise?</p> <p>Why should we exercise?</p> <p>What different types of exercise can you do?</p> <p>How could exercise develop: courage, confidence, team work or perseverance?</p>	<p>Learning activities:</p> <p>Starter: Effects of exercise</p> <p>Play a quick game involving movement. For example, ask children to move around the room and then get into groups of a given number. Anyone that is not in a group is out. You could also play stuck in the mud or another playground game. Alternatively, you could get children to do a specific exercise (e.g. star jumps) on the spot for 40 seconds.</p> <p>Ask children to notice, and share, anything that has changed in their body due to exercise (e.g. heart pounding, out of breath, feeling warm).</p> <p>Activity 1: Why exercise?</p> <p>Show children a picture of a bone, a muscle, a brain, a heart and lungs. Ask children to identify the different parts of the body, where they are in the body and what they are for. Explain how exercise is beneficial for each one.</p> <p>Exercise isn't just beneficial for our bodies, it can also develop our character.</p> <ul style="list-style-type: none"> - What virtues could exercise develop? - How could exercise help us to practice: team work? Courage? Perseverance? Honesty? 	

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Activity 2: Types of exercise

Remind children that they should aim to be active for approximately 60 minutes every day. This does not have to be all in one go. They will probably do a lot of this without thinking – by playing outside at playtime, walking to school etc.

Ask children to brainstorm, in pairs, as many different types of exercise as they can and then feedback. You may want to ask individual children to give details about specific activities that they are involved in. Encourage children to think about the virtues that different types of exercise could develop.

Plenary: Role models

During the schools' closure (2020), a coach called Joe Wicks led free daily exercise classes for everyone. Why do you think he did this? What virtues did he show? You can read more about him here: <https://www.bbc.co.uk/newsround/52110924> [accessed 20.05.2020].

