

The Character Curriculum

Flourishing for Life



<p>Y5: Exercise L1 - Why exercise?</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To identify the virtues that can be developed through exercise. 	<p>Key vocabulary: Self-regulation, confidence, determination, motivation, perseverance, teamwork, obesity, barriers, mental health, stress, anxiety Key virtues: Courage, confidence, team work, perseverance</p>
<p>Resources:</p> <p>PowerPoint</p> <p>Diamond 9 cards – benefits of exercise (resource 1)</p> <p>Access to the Internet for research</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 are the benefits of exercise?</p> <p>What virtues could exercise develop?</p> <p>How much exercise should you do?</p> <p>What are the consequences of not exercising?</p> <p>What are the barriers to exercise?</p>	<p>Learning activities:</p> <p>Starter: Stuck in the mud</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.</p> <p>Remind children that exercise is anything that involves physical effort and is designed to improve your health.</p> <p>What physical signs are there that their body has had to make an effort?</p> <p>Activity 1: Diamond 9</p> <p>In pairs, ask children to brainstorm as many benefits of exercise as possible.</p> <p>Then, give children the diamond 9 activity (resource 1). Are there any reasons that they hadn't thought of? Ask children to rank the benefits in a diamond shape, emphasising that there is no right or wrong answer.</p>	

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<p>How do we overcome these barriers?</p> <p>What virtues are needed to overcome these barriers?</p>	<p>Encourage children to talk about their personal experiences of the benefits of exercise.</p> <p>What virtues do you think exercise could develop? Ask children to give examples e.g. courage could be developed when you are learning a new skill like swimming, respect for others when playing a team sport.</p> <p>Activity 2: Different types of exercise</p> <p>Look at the fact box on the PowerPoint and discuss:</p> <ul style="list-style-type: none">- How much exercise do you think you do each day?- What types of exercise do you do?- What different types of exercise are there?- Are some types of exercise 'better' than others? <p>You could show this article about the benefits of Tai Chi and Zumba: https://www.bbc.co.uk/news/health-45799473 [accessed 28.05.2020].</p> <p>Ask children to research one type of exercise and create a poster advertising its benefits, including the virtues you could develop.</p> <p>They could also look at how they could do this exercise locally (e.g. Park runs, local swimming clubs/lessons). You could also look at the Daily Mile campaign: https://thedailymile.co.uk/ [accessed 28.05.2020] as a way of encouraging children to be more active.</p> <p>Plenary: Reflection</p> <p>Which virtue would you most like to develop through exercise? How are you going to purposefully develop this virtue through the exercise that you do?</p>
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