

The Character Curriculum

Flourishing for Life



<p>Y5: Exercise L2 – What stops people exercising?</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Identify the virtues needed to overcome barriers to exercise. 	<p>Key vocabulary: Obesity, barriers, solutions, personal trainer, clients, excuses Key virtues: Courage, confidence, team work, perseverance</p>
<p>Resources:</p> <p>PowerPoint</p> <p>A3 sheets/pens for brainstorm</p> <p>Personal trainer scenarios (resource 2)</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 virtues can be developed through exercise?</p> <p>Can you give examples?</p> <p>Why don't people exercise?</p> <p>What solutions are there to common excuses?</p> <p>What virtues are needed to overcome these barriers?</p> <p>What can we learn from role models?</p>	<p>Learning activities:</p> <p>Starter: Recap</p> <p>In the last lesson, we looked at virtues that could be developed through exercise.</p> <p>What were they? How could they be developed?</p> <p>Ask children to feedback on any experiences of exercise that they have had in the meantime.</p> <p>Activity 1: Barriers to exercise</p> <p>Show children the headlines about increasing childhood obesity and the costs of a sedentary lifestyle in the PowerPoint.</p> <p>Ask them to brainstorm, in groups, the barriers to doing exercise on an A3 sheet.</p> <p>Swap the sheets with another group and, in a different colour, write down possible solutions to these problems.</p> <p>Swap with another group and, in a third colour, write down the virtues needed to do the solutions.</p>	

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Activity 2: Exercise plans

Explain that children are going to imagine that they are personal trainers and need to help a range of clients to start exercising.

Give each group a different scenario and ask them to come up with some suggestions of how the person could incorporate some exercise into their life.

Plenary: Role models

Look at the role-models on the PowerPoint.

All have overcome barriers to be at the top of their game.

What barriers have they overcome? What virtues have they shown?

