



Exercise

Aims:

An assembly to explore all the benefits of exercise and a healthy lifestyle.

Preparation and materials:

- YouTube video <https://www.youtube.com/watch?v=kE7D7qFayVg> (Greatest sports moments - M83) [Accessed 06-20]
- YouTube video <https://www.youtube.com/watch?v=6nBZWEuAiaY> (Great men make great All Blacks) [Accessed 06-20]

Assembly:

Play the YouTube video of greatest sporting moments as students enter for the assembly.

1. Ask students about what makes the video so inspirational? What do all the athletes have in common? What virtues might the athletes have had to display in order to achieve?
2. Lots of current research shows that there is a lack of involvement by young people in exercise and sport. Why do you think this might be? What about our culture and society means that sport and exercise is becoming less attractive for young people?
3. How do you feel about taking part in exercise and sports? What personal barriers do you have to taking part? Why might these barriers exist for you?
4. Teacher story/interview about taking part in some exercise and sport (first marathon) and how they had barriers to overcome. Student could interview the teacher. Student story/interview about how being active and involvement in exercise has been positive for them. The aim is not about being elite athletes but how exercise/sport is crucial for a healthy lifestyle.
5. Explain the added value of team sports. How can character be developed in a team environment? Show the All Blacks video and discuss the team dynamic and development of character through participation with others.

Reflection:

We have explored a range of benefits of taking part in exercise/sport. Sometimes the biggest barrier is having the confidence to get stuck in with an activity. The stories from students and staff show that it really is worth the effort though!

Challenge:

How might you go about engaging with exercise this term? Is there a team you could join or an activity you could begin with a friend? Could you make use of the school facilities?