

# Animals Including Humans: Exercise

<p><b>Aim:</b> To describe the importance for humans of exercise, by finding out why humans need to exercise.</p> <p>I can give reasons why humans need to exercise.</p> <p>To gather and record data to help in answering questions, by recording the ways that exercise affects the body.</p> <p>I can gather information and use it to answer a question.</p>	<p><b>Success Criteria:</b> I can say a reason why humans need to exercise.</p> <p>I can say one effect that exercise has on the human body.</p> <p>I can record information about exercise.</p> <p>I can use the information to answer questions.</p>	<p><b>Resources:</b> <b>Lesson Pack</b></p> <p>A range of sports equipment, such as bean bags, hoops, cones, skipping ropes and balls of different sizes</p> <p>This lesson requires access to a space that is suitable for the whole class to engage in physical activity, such as the school hall or playing field.</p>
	<p><b>Key/New Words:</b> Exercise, physical activity, heart, muscles, calories.</p>	<p><b>Preparation:</b> <b>Exploring Exercise Activity Sheet</b> - per child</p> <p><b>Exercise Word Mat</b> - as required</p> <p><b>Differentiated Exploring Exercise Questions Activity Sheet</b> - per child</p>

**Prior Learning:** It will be helpful if children have previously learnt about the parts of the human body.

## Learning Sequence

	<p><b>Why is Exercise Important?</b> Read the information on the <b>Lesson Presentation</b> to explain the positive effects that exercise has on the body. Invite children to discuss their favourite kinds of exercise and their activity level with a partner, reminding them that exercise is any activity that makes the body work hard.</p>			
	<p><b>Exploring Exercise:</b> With a partner, children think of five exercises that they can complete within a minute using equipment that is available in school. In a suitable location, such as outdoors or in the school hall, children complete their five exercises, counting how many times they can complete each one in a minute.</p>			
	<p><b>Exploring Exercise Activity Sheet:</b> While completing their exercises, children fill in the <b>Exploring Exercise Activity Sheet</b>, describing the exercise, recording the number of times they can complete each exercise in a minute, and writing a few words to explain how each exercise feels in the body. Children may use the <b>Exercise Word Mat</b> to support them in this activity.</p>			
	<p><b>Exploring Exercise Questions:</b> After the exercise activity, children fill in the differentiated <b>Exploring Exercise Questions Activity Sheet</b>, answering questions using the information they have gathered and the facts they have learnt.</p>			
	<p> Children answer questions on the <b>Activity Sheet</b>.</p>	<p> Children complete the <b>Activity Sheet</b> by answering simple questions and completing a short cloze activity.</p>	<p> Children discuss the questions on the <b>Activity Sheet</b> with an adult, who scribes their answers.</p>	
	<p><b>Being More Active:</b> Explain that children should be doing 60 minutes of physical activity every day. In pairs, children generate ideas about types of activity that count towards the 60 minutes a day. Invite children to think of ways that they can be more active in the week ahead, and then share their ideas with their talk partner.</p>			

## Taskit

**Diaryit:** Encourage children to fill in this **Exercise Diary** to see if they are getting their recommended 60 minutes of physical activity each day.

**Practiseit:** Reinforce learning about physical activity with this **Exercise Word Search** and this **Exercise Colouring Sheet**.

**Challengeit:** Choose a 1 minute physical challenge from these **Physical Activity Challenge Cards** and perform it as a class. Do three of these twice a day to achieve 10% of the recommended daily activity time!