



Connect...keep Learning...be Active...take
Notice...Give.

Learning Outcomes:

- Children will be able to explain the benefits of physical activity on our mind and body.
- Children will find out about the importance of building in regular exercise and how this can be achieved.

To be used
alongside the
5 Ways to
Wellbeing
booklet

Resources: Beanbags (mix of colours), masking tape, space.

Key skills: Listening, taking part, trying something new

Warm up:

Begin by asking the children how they are feeling: this can be something they share or could be something they spend a moment being mindful of.

Warm up stretches, neck, shoulders, legs, arms.

Activity:

Stop Clap Go:

Using masking tape, create 2 giant naughts & crosses grids.

Put the children into teams to race to the grids 1 member at a time to place a beanbag in the grid.

Plenary Task:

Return to how we are feeling question at the beginning – has this changed at all now?

Complete one person active sheet from the booklet: me as my best active self (this can be added to throughout the project).

What active things do we do already? How could we be more active in our every day lives? Collaborate on a list of achievable suggestions.

