High 5

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| Stage: Early Level | Lesson: What is physical activity? |
| Health and Wellbeing Experiences and Outcomes:  HWB 0-27a  I know that being active is a healthy way to be.  HWB 0-28a  I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body. | |
| Activities:   1. Discuss “What is physical activity?”   Ask the children if they can describe some types of physical activity.  Ask the children what they think about participating in physical activity.  Definition: Physical activity is any form of bodily movement that uses energy.  It can be planned like attending a class or club, or walking to school, or it can be unplanned like playing with your friends. It can be done by yourself, or in groups, teams or classes.  It includes walking to school, playing, climbing stairs, playing a sport, throwing and catching, riding a bicycle, swimming and so on.  *Physical activity should be fun! Being highly skilled doesn’t really matter. It’s not about winning or losing or who the best is – it’s about participation and having fun.*   1. Movement Activity   Choose a “Fit 15” activity.  After the activity has finished, ask them to say how they feel, and if they can identify the changes to their body. For example raised heartbeat, getting hot.   1. Discuss “Why is it good to do physical activity?”   Ask the children if they know some benefits of physical activity.  Explain that being active is very important it keeps you healthy, helps you grow strong bones and muscles, develops coordination, improves health and fitness, improves sleeps, helps improve concentration and learning and, most importantly, it makes you feel good! | |

