High 5

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| Stage: First Level | Lesson: What are the benefits of physical activity and sleep? |
| Health and Wellbeing Experiences and Outcomes:  HWB 1-27a  I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest to look after my body. | |
| Discuss “What are the benefits of physical activity?”  Ask the children if they can describe some benefits of physical activity.  Highlight that children need to be active for 60 minutes every day through a variety of activities.   * It keeps you healthy * It gives you energy * Helps you grow strong bones and muscles * Develops coordination, * Improves sleeps * Helps improve concentration and learning * Makes you feel good   It doesn’t have to be competitive or vigorous, you can move in many different ways. | |
| Energy and sleep  Your body and brain need 9-12 hours of sleep every night to restore energy to make healthy choices.   * Sleep gives you energy to play and have fun. * Sleep helps you recall what you have learned. * Sleep helps your body and brain grow.   Get Some Energy  Lead a class discussion about how students look and feel when their energy is low.  • Follow with a discussion about how student’s look and feel when they have all the energy they need.  • Tell students they need energy to be active!  CHOOSE A ‘FIT 15’. | |

