High 5

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| Stage: First Level | Lesson: What is physical activity? |
| Health and Wellbeing Experiences and Outcomes:HWB 1-27aI 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.  |
| 1. Discuss “What is physical activity?” Ask the children if they can describe some types of 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, playing games, climbing stairs, gardening, playing and practising sport, flying a kite, throwing a Frisbee, riding a bicycle, skateboarding, rollerblading, 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. |
| 2. Movement ActivityChoose a “Fit 15” activity.After the activity has finished, ask them to say how they feel (hot, sweaty, tired, heart beating faster, breathing heavily etc.) Then ask them whether or not this is a good thing. You can explain that it is not just fun to make our body work harder like this; it also helps keep us healthy. |
| 3. 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• Helps you grow strong bones and muscles• Develops coordination,• Improves health and fitness• Improves sleeps• Helps improve concentration and learning• Makes you feel good.Highlight how much sleep is needed in childhood and why this is important • 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. |

