High 5

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| Stage: Second Level | Lesson: Physical activity benefits |
| Health and Wellbeing Experiences and Outcomes:HWB 2-27aI can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity.  |
| Discuss the different types of physical activity (moderate and vigorous, including exercise and sport) and what benefits do you get from participating e.g. going for a walk, cycling to school, playing in the park?Discuss – why is physical activity is good for children?Physical activity plays an important role in helping children and young people to be fit and healthy – in the short and the long term – in all sorts of ways, such as:* It gives you energy
* Helps you grow strong bones and muscles
* Develops co-ordination
* Improves sleep
* Helps improve concentration and learning
* Makes you feel good
* Balance and flexibility
* Healthy heart and lungs
* Good for relaxation
* Builds social skills and social networks

It doesn’t have to be competitive or vigorous, you can move in many different ways.Children should be active for at least 60 minutes a day.Ask the children to come up with ways they could do 60 minutes or more of activity.  |
| Energy and sleepYour 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!
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| CHOOSE A ‘FIT 15’ to participate in.Extra Guidance Note for Teachers: There are many physical health benefits of physical activity. However, too many adults regard physical activity as a chore and something they ought to do. Try to draw out of the pupils the fact that many forms of physical activity are fun and makes us feel good. |

