High 5

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| Stage: Second Level | Lesson: Physical activity benefits |
| Health and Wellbeing Experiences and Outcomes:  HWB 2-27a  I 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 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’ 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. | |

