High 5

|  |  |
| --- | --- |
| Stage: Second Level | Lesson: Physical activity opportunities |
| Health and Wellbeing Experiences and Outcomes:  HWB 2-25a  I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community.  HWB 2-26a  I have investigated the role of sport and the opportunities it may offer me. I am able to access opportunities for participation in sport and the development of my performance in my place of learning and beyond. | |
| Activities:  You might want to get your local active schools coordinator involved:  Identify what sport and physical activity opportunities are available for me to participate in.  Discuss the current physical activity, exercise and sports available for that the children can participate in?  Discuss other sports and physical activities they may have heard about or seen on the television – including information on disability sports, Paralympics – show pictures and videos.  Discuss why it is important to participate in physical activity and choose an activity that you enjoy?  Discuss why people might stop being physically active? | |
| Movement activity  In small groups ask the children to create a new activity using any, specific or limited equipment that is available. Ask the children to demonstrate their game or activity to other children. | |

