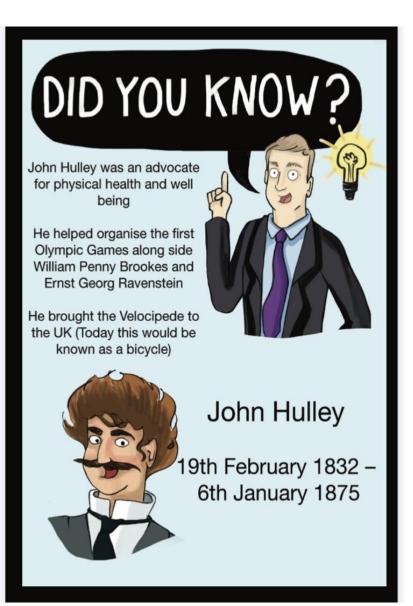
Lesson: Movement and well-being		Comic: Comic 1 – John Hulley – health and well-being Sir Ken Dodd – feelings
Overview of Key Skills: Exploring modes or travel/locomotion, speed and levels		Cross-curricular links: English – speaking and listening  Maths – time and distance  Science – heart rates
Learning Objectives	<ul> <li>To be able to complete various modes of travel</li> <li>To be able to cooperate with others</li> <li>To begin to comment on your feelings</li> <li>To find ways to assess and record your progress</li> </ul>	
Key Teaching Points / Research Opportunities	Warm-up properly before you start each lesson. Your warm-up should take at least 5 to 10 minutes and include pulse raising activities such as marching/jogging on the spot, star jumps and knee raises.  Research opportunities  How active should you be each day? And for how long? Find out about some of the current events held at the Olympic Games	
	Take each lesson and activity at your own pace – you don't have to sprint!	
<ul> <li>Using a suitable space (garden etc.) start to explore ways in which you can move i.e. forwards, backwards, side-</li> <li>Now consider the speed in which you can carry these movements out. Are some more suited to be completed some completed some sure you have short breaks and water between each activity.</li> <li>Challenge</li> </ul>		of how these make you feel. You may wish to use words such as tired, breathless or energised! Make
	Using some of the activities you have explored, now, or as time and distance. Be as creative as you can!	n you own or with family, set some challenges. This is completely up to you, but could include things such
	Why not keep yourself a daily audio journal? Maybe use made you feel? This will be much quicker and easier to	e a mobile device to take a minute or so to chat through what activities you have explored and how these listen back to!

Plenary	On your own or with a parent, discuss how the activities have/or have not challenged you. Are you able to create your own recording sheet/method/daily log?  Start to think about some targets for tomorrow will you jump higher? Walk/jog for longer?	
Resources,	Comic 1	
including ICT	Stopwatch/timing device	
	Recording equipment – this could also include a phone/field recorder	
	Some basic equipment to mark out an area (but this is not essential)	
<b>Key Questions</b>	How are the activities making you feel?	
	Are they challenging?	
	What's happening to your body as you carry out these activities?	
Vocabulary	Travel, pulse, health, speed,	
Success	Be able to complete up to 4 simple activities	
Criteria	Be able to comment on how your feeling – this may include pulse rate	
	Be able to create and carry our simple individual and/or group challenges	
Assessment	Make note of how you are feeling throughout. This could include some simple data handing/charts, notes or audio recordings.	
Opportunities		



## **Useful Links:**

www.thedailymile.co.uk

www.olympic.org

https://www.nhs.uk/change4life