

<b>Lesson:</b> Movement and well-being	<b>Comic:</b> Comic 1 – John Hulley – health and well-being Sir Ken Dodd – feelings
<b>Overview of Key Skills:</b> Exploring modes of travel/locomotion, speed and levels	<b>Cross-curricular links:</b> English – speaking and listening Maths – time and distance Science – heart rates
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <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>
<b>Key Teaching Points / Research Opportunities</b>	<p><b>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.</b></p> <p><b>Research opportunities</b></p> <ul style="list-style-type: none"> <li>• How active should you be each day? And for how long?</li> <li>• Find out about some of the current events held at the Olympic Games</li> </ul> <p>Take each lesson and activity at your own pace – you don't have to sprint!</p>
<b>Independent Work</b>	<ul style="list-style-type: none"> <li>• Using a suitable space (garden etc.) start to explore ways in which you can move i.e. forwards, backwards, side-to-side, up and down.</li> <li>• Now consider the speed in which you can carry these movements out. Are some more suited to be completed slower than the others?</li> <li>• Complete 3-to-4 activities of your choice and comment of how these make you feel. You may wish to use words such as tired, breathless or energised! Make sure you have short breaks and water between each activity.</li> </ul> <p><b>Challenge</b></p> <ul style="list-style-type: none"> <li>• Using some of the activities you have explored, now, on you own or with family, set some challenges. This is completely up to you, but could include things such as time and distance. Be as creative as you can!</li> <li>• Why not keep yourself a daily audio journal? Maybe use a mobile device to take a minute or so to chat through what activities you have explored and how these made you feel? This will be much quicker and easier to listen back to!</li> </ul>

<b>Plenary</b>	<ul style="list-style-type: none"> <li>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?</li> </ul>
<b>Resources, including ICT</b>	<ul style="list-style-type: none"> <li>Comic 1</li> <li>Stopwatch/timing device</li> <li>Recording equipment – this could also include a phone/field recorder</li> <li>Some basic equipment to mark out an area (but this is not essential)</li> </ul>
<b>Key Questions</b>	<ul style="list-style-type: none"> <li>How are the activities making you feel?</li> <li>Are they challenging?</li> <li>What's happening to your body as you carry out these activities?</li> </ul>
<b>Vocabulary</b>	Travel, pulse, health, speed,
<b>Success Criteria</b>	<ul style="list-style-type: none"> <li>Be able to complete up to 4 simple activities</li> <li>Be able to comment on how your feeling – this may include pulse rate</li> <li>Be able to create and carry our simple individual and/or group challenges</li> </ul>
<b>Assessment Opportunities</b>	<ul style="list-style-type: none"> <li>Make note of how you are feeling throughout. This could include some simple data handing/charts, notes or audio recordings.</li> </ul>

# DID YOU KNOW?

John Hulley was an advocate for physical health and well being

He helped organise the first Olympic Games along side William Penny Brookes and Ernst Georg Ravenstein

He brought the Velocipede to the UK (Today this would be known as a bicycle)



John Hulley

19th February 1832 –  
6th January 1875

## Useful Links:

[www.thedailymile.co.uk](http://www.thedailymile.co.uk)

[www.olympic.org](http://www.olympic.org)

<https://www.nhs.uk/change4life>