

Assembly Plan

Year 1-3



Assembly plan: What does exercise give us?

Year group:	Reception, Year 1, Year 2, Year 3
Subject areas	PSHE, Science
Curriculum Objectives	PSHE: KS1 3a, 5d KS2 3a, 5d
Science:	KS1 2a, 2c, KS2 1a, 2b, 2c, 2e, 2h

Useful equipment

LazyTown 'Wake Up Shake Up DVD'

Drawn outline of a body on a white board/OHP/flip chart

Six large word and picture cards with the words "Fun" and a happy face drawn, "Awake" and wide eyes drawn, "Friends" and two people holding hands, and "Strong" with Mr. Strong drawn.

Aims

The aim of this YR-Y3 assembly is to raise awareness of the all-round benefits of exercise, giving information on its effect on the body and showing how exercise can be fun.

Main presentation

Introduce the Wake Up Shake Up DVD – Children to be on their feet and joining in with the LazyTown crew.

- Who enjoyed that?
- Why do you like it?
- How did it make you feel?
- Who thinks that they were doing exercise?
- Can you think of other activities that help to keep our bodies healthy?

Ask children to come up to the front and mime out their favourite activity.

Ask the audience what they think they are doing.

Why is exercise healthy? How does exercise help us to keep healthy?

Show the drawn outline of a body on the flip chart/OHP/whiteboard.

1. Add eyes to the diagram which illustrate being awake.

Ask the audience to show the action for 'Awake' by opening and closing their fingers like blinkers at their eyes.

Some people think that exercising makes you tired. Who enjoys running around outside at playtime? Do you feel awake and ready to do your work when you come back inside?

YES because exercise gives you more energy! Exercise helps to send fresh oxygen that we breathe throughout the body so you feel awake and alert.

Choose a volunteer from the audience to hold the 'Awake' card at the front for everyone to see.

SAY: What does exercise do? *Point to the 'Awake' card and ask the children to show you awake eyes.*

2. Draw a simplified skeleton inside the body and draw muscles on the arms.

Can you feel the bones in your body? Can you feel your strong muscles? Regular exercise gives you stronger bones and muscles that last your whole lifetime.

Exercise will help them stay in good condition.

Ask the children to show you 'Mr. Strong' by showing bicep curls.

SAY: What does exercise give us? *point to the 'Awake' card, children show you their awake action, point to 'Strong' card, children show their Mr. Strong action.*

3. Draw in a smile on the face of the body

Exercise is fun, it makes us feel good, and when people feel good they are more cheerful.

Everyone show me your happy face.

Choose a child to hold the fun card out at the front.

SAY: What does exercise give us? *point to the 'Awake' card, children show you their awake action. Point to the 'Strong' card, children show their Mr. Strong action. Point to the 'Fun' card and children show their happy faces.*

4. Draw some friends around the diagram.

Who goes to ballet, swimming, football after school and has a made a friend with someone who does not come to this school?

Exercising often means meeting up with others to share an activity. It's a good way to make new friends and to have fun with other people!

Ask the children to link arms with the people they are sitting next to.

Choose a child to hold up the 'Friend' card.

SAY: What does exercise give us? *point to the 'Awake' card, children show you their awake action. Point to the 'Strong' card, children show their Mr. Strong action. Point to the 'Fun' card, children show their happy faces. Point to the 'Friends' card and children link arms with each other.*

Who is looking forward to our long summer holiday? Who is going away this summer?

How do you think we could be healthy on our holidays?

Get some answers and ideas from the children.

Wouldn't it be great to all come back to school with healthy bodies, who thinks they will have a go at some of the activities you suggested?

Remember exercise is fun we had fun, at the beginning of this assembly doing exercise together, it makes you strong and it fills you with energy and keeps you awake. You can even make new friends doing it – I wonder how many of you will make new friends doing exercise on your holidays?

Thought for the day

"Our health is one of the most precious things we have. If we have strong healthy bodies we can enjoy all the wonderful activities around us. Keeping fit can be fun as well as good for us and if we help keep ourselves healthy, we will have more energy to enjoy and appreciate the world that we live in."

OR

SONG

Head, Shoulders, Knees and Toes.