

Assembly Plan

Year 4-6



Assembly plan: What does exercise give us? (Alternative version)

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| Year group: | Year 4, Year 5, Year 6 |
| Subject areas: | PSHE, Science |
| Curriculum Objectives PSHE: | KS2 3a, 5d |
| Science: | KS2 1a, 2b, 2c, 2e, 2h |

Useful equipment

Small sports equipment, e.g. football, tennis racquet, swimming goggles OHP, flip chart or whiteboard with an outline of a body drawn on it.

Additional information

Prepare a group of children to be ready in their PE kit at the front of the assembly hall. Ask them to mime their favourite sports or demonstrate it with equipment such as footballs, tennis racquets, and a mat for gymnastics etc depending on space available.

6 A4 word cards with the words **Energy, Strong bones, Strong muscles, Protection, Happy, Friends.**

Aims

The aim of this YR-Y6 assembly is to raise awareness of the all-round benefits of exercise, giving information on its effect on the body. The importance of health in general is covered and how it impacts on an individual's quality of life as well as the importance of good health and looking after ourselves in order to enjoy the world.

Main presentation

Chosen children at the front of the hall are miming their favourite sport or physical activity in their PE kit-football, cycling, tennis, trampolining, rugby, gymnastics, netball, athletics etc.

- Ask pupils in the audience to say what activities they think the actors are miming.
- Who likes one of these activities?
- Why do you like it?
- Can you think of other activities that help to keep our bodies healthy?
- 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 'Energy' to the diagram and illustrate with lightening coming from the outline.

Ask the audience to show the action for energy by opening and closing their fingers and stretching their arms out around their body.

Some people think that exercising makes you tired but who enjoys running around outside at playtime? Do you feel full of energy when you come back inside?

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

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

2. Draw a simplified skeleton inside the body.

Can you feel the bones in your body? Regular exercise gives you stronger bones that last your whole lifetime. Sometimes when you get older your bones become weaker. Exercise will help them stay in good condition.

Ask the children to show you strong bones by pretending to lift a heavy object over their heads.
Choose a volunteer to hold up the 'Strong bones' card.

SAY: What does exercise give us? *point to the 'Energy' card, children show you their energy action, point to 'Strong bones', children show their strong bones action.*

3. Add bulging muscles to the arms of the figure.

If we have strong muscles we can play more, we can use our muscles to look after ourselves and to help others who are not so strong.

Everyone show me your strong man bicep curl.

Choose a child to hold the 'strong muscle' card out at the front

SAY: What does exercise give us? *point to the 'Energy' card, children show you their energy action. Point to 'strong bones', children show their strong bones action. Point to the 'Strong muscles' and children show their Strong man bicep curl.*

4. Draw a circle around the shape adding some alien-shaped figures trying to get inside the circle to represent germs and disease.

Exercise may protect your body to fight off germs and diseases. Wouldn't it be great not to have so many colds and sniffles in the winter?

Everyone show me your karate chop to protect yourself.

Choose a child to hold the 'Protect' card out at the front.

SAY: What does exercise give us? *point to the 'energy' card, children show you their energy action. Point to 'Strong bones', children show their strong bones action. Point to the 'strong' muscles, children show their strong man bicep curl.*

Point to the 'Protect' card and children do a karate chop.

5. Draw in a happy face on the head of the body

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

People who do regular exercise have a more positive outlook and are happier overall compared to those who don't do any at all.

Everyone show me your happy face.

Choose a child to hold the 'Happy' card out at the front.

SAY: What does exercise give us? *point to the 'Energy' card, children show you their energy action. Point to 'Strong bones', children show their strong bones action. Point to the 'Strong muscles', children show their strong man bicep curl. Point to the 'Protect' card, children do a karate chop. Point to the 'Happy' card and children show their happy faces.*

6. Draw some friends around the diagram.

Who goes to ballet, swimming, football after school and has made friends 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 'Energy' card, children show you their energy action. Point to 'Strong bones', children show their strong bones action. Point to the 'Strong muscles', children show their strong man bicep curl. Point to the 'Protect' card, children do a karate chop. Point to the 'Happy' card and children show their happy faces. Point to the 'Friends' card and children link arms with each other.*

Remember exercise is fun, it makes you strong, it fills you with energy and keeps you healthy. You can even make new friends doing it – I wonder how many of you will make new friends doing exercise on your holidays?

We have a very long summer holiday coming up soon – How do you think you could keep healthy during the summer?

Ask the children for ideas. Write them down on the flip chart/OHP/whiteboard.

Look at all those great ideas, look at all the choices you have.

Why don't you team up with a friend during the holiday and do some healthy exercise together

Remember exercise is a good way to share an activity with a friend and also meet new friends along the way.

Thought for the day

“Our health is one of the most precious things we have. Imagine if we had all the riches in the world. Would we be able to enjoy them if we were ill? Would we be able to learn as much at school or enjoy our friends and families and favourite pastimes? The chances are, not as much! 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.