



Lesson 2: Physical Activity

Have a think:

Why is it important to be physically active?



Physical Activity

Physical activity is any movement made with your body using energy from your muscles. This can include lots of different types of activities; from exercising at any level of intensity, i.e. From walking and running, and any form of dancing or sport or even just playing on the playground.

Physical activity should make your heart beat faster, breathe faster and make you feel warmer.

You should try to complete at least 60 minutes of physical activity everyday. This does not need to be all in one go, it can be broken down into smaller amounts of time spread over the day.

Be physically active

Spread activity throughout the day

All activities should make you breathe faster & feel warmer

Aim for at least
60
minutes everyday



Include muscle and bone strengthening activities
3 TIMES PER WEEK



Sit less



Move more

Journey Around the Body Activity

Get your heart pumping and muscles moving!

Warm up for 3 minutes

Complete a movement that is slow, fast, different direction. Examples: Walking, jogging, tiptoeing, sidestepping, hopping, jumping, skipping (this could be on the spot if you are inside)

Instructions

1. Can you think of five different parts of the body that benefit from physical activity?
2. Think of a different movement to go with each part of the body.
3. Write down/draw the parts of the body and activity you have chosen on different pieces of paper. Spread these out in a space.
4. Can you complete each activity for 1 minute and then move onto the next one.

Here are some examples:



Heart - Run as fast as you can on the spot

Brain - Coordination activity - arm rotations, keeping your arms straight circle them around from your shoulder

Lungs - Jump up and down on the spot. Count your jumps out loud, see how many jumps you can do.

Muscles - Burpee jumps - bend down and put hands on the floor. Jump feet out behind you, back in and then jump up straight. How many can you complete?

Bones - Make a shape out of your body and see if you can hold the position

Importance of being physically active

Questions:

1. How much physical activity do you need to do everyday?
2. Why is it important to be physically active?
3. How does physical activity help out muscles and bones?
4. How does physical activity help our brain?

Share with an adult the answers to these Questions:

1. How much physical activity do you need to do everyday?
60 minutes each day

2. Why is it important to be physically active?
Being active also helps improve balance and develop skills. A lack of physical activity is another key factor that can cause obesity.
Weight gain occurs when you eat more calories than you burn when exercising.

3. How does physical activity help out muscles and bones?
Helps with growth and development building strong bones & muscles

4. How does physical activity help our brain?
Increases the flow of blood to our brain. The blood delivers oxygen and glucose, which the brain needs to help develop alertness and mental focus

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

How can you become more physically active at home?

Here are some ideas to help you reach 60 minutes of physical activity everyday:

- Go for a walk, cycle or scoot with your family
- Help in the garden or washing the car
- Complete the SSP weekly Virtual Challenge Competition
- Use the SSP Activity cards to give you some ideas for different exercises and challenges you can complete. Can you put 4 or 5 of the cards together to make your own mini circuit session



How can you become more physically active at home?

Here are some ideas to help you reach 60 minutes of physical activity everyday:

- Help to clean the house i.e. hoovering, mopping, dusting
- Make sure you get up and move around at least every 30 minutes
- Have a go at completing the 'My 60 Active Minutes -Weekly Log' to record your activity everyday in a week



Supporting Links

- See the SSP website for lots more ideas and activities to be more physically active:
<http://www.threeriverswatfordssp.co.uk/personal-challenge/4594884649>