

Lesson Title: Activity Menu

Teacher's Notes

Aims:

To help pupils recognise the need for 60 mins of physical activity per day

To help pupils identify opportunities for this, with emphasis on school journey

Structure of lesson:

- Display “60 minutes to fitness!” to generate discussion about the importance of daily activity, and ideas for realistic ways to achieve this
- Display the menu and show pupils how to select enough timed activities to achieve to 60 minutes per day (more than one activity may be selected from each section)
- Ask pupils to copy the blank menu and come up with active menu choices
- Individual pupils can read their own menu to the class and they can make a pledge to stick to their one hour activity menu every day over the period of a week.

60 Minutes to Fitness!

- ✓ **You must move around and be active to stay fit and healthy**
- ✓ **You should aim for at least 60 minutes activity every day**
- ✓ **Which activities can you think of that you could do?**
- ✓ **Plan your own 60 minutes using the special activity menu!**

Questions

What effects does exercise have on our heart rate?

How does walking or cycling to school improve our health?

What are the health benefit pf travelling to school buy foot or cycling?

Activity Menu

Tick your menu choices!

Starters (in the morning)

- 10 minutes fast walking to school
- 5-15 minutes cycling to school
- 5 times running around the yard before school

Mains (at lunchtime)

- Play TAG for 15 minutes with your friends
- Play skipping games for 10 minutes
- Race your friends around the yard for 10 mins

Side Orders (for playtimes)

- Play hopscotch for 10 minutes
- Stretch up and then touch your toes 30 times (5 mins)
- Do 30 star jumps (5 mins)

To Finish (at end of day)

- 10 minutes fast walking back from school
- 5-15 minutes cycling back from school
- Walk up & down your stairs at home 10 times (5 mins)
- Do sit-ups for 3-5 minutes
- Jog on the spot for 5 minutes

Schools GoSmarter

Tips

(Tell us here about any other activity you did and what you enjoyed doing the most)

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Did you manage 60 minutes activity in a day? Yes?

**Then your “Bill of Health” is paid in full!
Well done!**

Activity Menu

Starters (in the morning)

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Mains (at lunchtime)

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Side Orders (for playtimes)

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To Finish (at end of day)

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(Make sure all your activities add up to 60 minutes)

Tips

(Tell us here what you enjoyed doing the most)

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