

reduce the risk

CANCER RESEARCH UK



Stay in shape activities for Key Stage 2

ACTIVITY 1 – TIMES TWENTY ACTIVITY CIRCUIT

Learning objectives: Children will use small equipment to carry out a circuit of activities.

National Curriculum links: PE: 4b Pupils should be taught to warm up and prepare appropriately for different activities. 4c They should be taught why physical activity is good for their health and well-being.

Resources: Enough small equipment for each group of four children to do a different activity, e.g. rubber rings, beanbags, bats and balls, hoops.

Introduction: Talk to the children about the importance of warming up before undertaking physical activities. Ask for suggestions of things to do to warm up. Invite the children to demonstrate movements for their peers to follow.

Activity: Divide the children into groups in a large space. Explain that after completing a task twenty times they must put the equipment down and sit on the floor. They can move to the next area when you have told them to do so. They must not start the next task until they have been told to begin. Pick a child to demonstrate what to do at the start and end of a task. Carry out the circuit.

Plenary: Discuss which parts of their bodies have been exercised by the various activities. Invite suggestions for other activities that could be included another time.

ACTIVITY 2 – ‘STAY IN SHAPE’ SONG

Learning objectives: Children will write songs to fit well-known tunes.

National Curriculum links: Music: 3c Pupils should be taught how to improve their own and others' work in relation to its intended effect.

Resources: Paper, pencils.

Introduction: Talk about adverts that have songs or musical phrases. Do the children know any? Can they sing them? Explain that songs are needed for Key Stage 1 children to promote the message 'Stay in shape'.

Activity: Challenge groups of children to write new words for well-known tunes on the theme 'Stay in shape'. Encourage the children to choose words that would be appropriate for Key Stage 1 and to make up actions for their songs.

Plenary: Perform the songs. Which ones best convey the message 'Stay in shape'?

Extension: Use percussion instruments to provide accompaniments for the songs. As a class, choose one song to perform in an assembly.

ACTIVITY 3 – BUILDING STRENGTH, STAMINA AND SUPPLENESS

Learning objectives: Children will understand how different types of exercise build stamina, strength and/or suppleness.

National Curriculum links: PE: 4c Children should be taught why physical activity is good for their health and well-being.

Resources: Copies of the exercise table given in the teacher notes, paper, pencils/pens, crayons, A4 plain paper, flip chart.

Introduction: Show the children the exercise table. Check that they understand the terms strength, stamina and suppleness. Tell the children that just 30 minutes of moderate exercise such as swimming or brisk walking five times a week can help to promote good health.

Activity: Ask the children to list all the different types of physical activity that they carry out in a week, at home and at school and to use symbols to classify them as beneficial for building stamina, strength and/or suppleness. (N.B. The table gives some examples of exercise. Children will have to predict levels of stamina, etc. for types of exercise not included.)

Plenary: Invite the children to share their lists. Have they classified exercise types in similar ways? If differences exist, encourage the children to give reasons for what they have done. Are they taking exercise each week to cover the three areas? If not, what could they do to improve their weekly exercise?

Extension: Make a class dictionary of types of physical activity and also everyday activities that help people to stay in shape. Compare the kinds of physical activities that children do at play time and at home. Ask them to suggest ways to improve their own levels of activity.