

**Key Question: What is the impact of physical exercise on the body?**

**Rationale:** The children will be becoming experts on how to stay healthy by exercising. As a federation the children will be creating an exercise video which includes a warm up sequence, main activity and cool down sequence. The children will be explaining how each exercise affects the body as we exercise.

**Hook: Video from a Personal trainer.**

**Start Date:**  
7.6.21

**End Date: 28.6.21**

**Outcome:**

To create a Federation exercise video to be shared with other schools to help other children get fit and healthy.

**Subject 1: Physical :** To know physical exercise is important for a healthy lifestyle.

**Subject 2 Communication and Language:** To express myself effectively

**Expert vocabulary:**

**Level of effort, vigorous intensity activity, muscle names, skeletal system, muscular system, circularity system, respiratory system**

**Gateway:**

We will be focusing on the whole school gateway of leadership. We aim to inspire and lead others to get fit by learning our exercise routines and the affects that exercise has upon our bodies

**Inspiring text:**

Move Your body! My exercise tips by Gina Bellisaro

**Link to Rights Respecting:**

Article 28: To a clean and healthy environment.

**Other areas of development:**

**Understanding the world-** To recognise that a range of technology is used in places such as homes and schools. To select and use technology for particular purposes. The children will be learning how a video is created using a camera, green screen and editing programs.

**Personal, social and emotional development-** To take account of one another's ideas about how to organise an activity.

The children will be working in teams to develop their exercise plans; the children will need to take into account everyone's ideas to create an effective exercise sequence.

**Literacy:** To use phonic knowledge to write words in ways which match their spoken sounds and to write some irregular common words. The children will use imperative verbs to write instructions for their exercise videos.

**Discrete Maths-** The children will be learning doubling, sharing and halving to solve problems. The children will be creating their own problems using their knowledge of doubling, halving, sharing for the children at Seal to answer for their homework.

**Take home task:** To create an exercise routine for your family at home. When creating the video think about what interests your family and what do you like to do as a family. Be creative ! For example "Animal themed – each exercise moved linked to an animal". Think about how you will keep your family safe while exercising and how long your exercise sequence would need to be to have an impact. Please send a video of you leading the exercise routine, this can include members of your family or just you demonstrating the exercises.

Please can complete this by 21.6.21

**How we evaluate:**

The children will all be assessed against the learning objectives taught. We use the learning stages of know, show and grow to support the assessments. If a child is able to 'show' that they have achieved the objective then they will be judged as working at the expected level. If the child has shown that they have reached the 'grow' stage of their learning and are able to independently apply their knowledge to a new or challenging situation then they will be considered as working at a 'greater depth'. Children who are assessed as not meeting the objective, will be given extra support to enable them to reach the expected level.

Throughout the experience, the children will be encouraged to reflect on their own learning and will set themselves challenging targets.