

Key Stage 2 Assembly

Why Exercise?

Year group: Key Stage Two

Resources: OHP / flipchart and pre drawn outline of body (You may also wish to have small sports equipment such as a football, tennis racquet, swimming goggles to use as props instead of getting the children to mime activities.)

Assembly plan

Aims

To raise awareness of the all round benefits of exercise (including walking).
To give information on the effect of exercise on the body. The importance of health in general, and how it impacts on an individual's quality of life, is covered in the assembly.

Introduction

Select 3 / 4 children to mime a given sport / physical activity at the front of the hall (e.g. football, basketball, riding a bike, swimming etc.)
Ask the audience to guess what activities they think that the children are miming.
Explain that exercise helps keep us healthy.
Ask the audience to suggest other sports / activities that help keep our bodies healthy.

Main presentation

Draw an outline of a body on the flip chart or OHP with the title **'EXERCISE HELPS US'**

1) Add the words '**TO HAVE ENERGY**' to the diagram and explain to the children that although they might think that exercise makes you tired, exercising regularly actually gives people *more* energy. Exercise circulates fresh oxygen throughout the body so that you feel more awake and alert. Life is more fun when you have lots of energy!

2) Add the words '**TO HAVE STRONGER BONES**' to the diagram and explain that regular exercise gives you stronger bones that will last your whole lifetime. Sometimes, when you get older, your bones become weaker. Exercise can help your bones stay in good condition.

3) Add the words **'TO HAVE STRONGER MUSCLES'** to the diagram. Everyone can benefit from being stronger. We can work harder and play more when we have stronger muscles. We can also use our muscles to look after ourselves and to help others who are not so strong.

4) Write **'TO BE HAPPIER'** and draw in a happy face. Explain that exercise makes most people 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.

5) Write **'BY PROTECTING US FROM ILLNESS'** and draw a shape around the body outline, adding some bent arrows to represent germs and disease being thwarted. Explain that scientists think that exercise may help your body fight off germs and diseases. Wouldn't it be great not to have so many colds and sniffles in the winter?

Explain to the children that not everyone is good at sports such as football and basketball. Others may not have access to swimming pools or gardens, parks etc. However, most people have two very precious pieces of equipment that they can use to help them exercise and keep healthy.

Ask the children to guess what these things are. (Our feet)

Explain to the children that, although they may not think of walking as a 'sport', it is an excellent way of keeping healthy, and offers the same benefits as other forms of sport.

Ask the children how many of them already walk to and from school, or walk at least part of the journey.

Emphasise that just by making the school journey on foot they can experience all of the benefits that you have just listed e.g. have more energy, stronger bones, stronger muscles, can feel happier and have greater protection from illness such as colds and sniffles.

Point out that fewer cars on the road equals less pollution and can help to reduce congestion and parking problems outside the school, making it safer and more pleasant for everyone. The school journey may be one that they could start making independently, walking with friends, as they get older.

**** Stress that if children are going to walk to school then they need to take into account issues such as the Green Cross Code (Think, Stop, Look, Listen) and the dangers of 'playing' near busy roads ****

Reflection

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 have more energy to enjoy and appreciate the world around us.