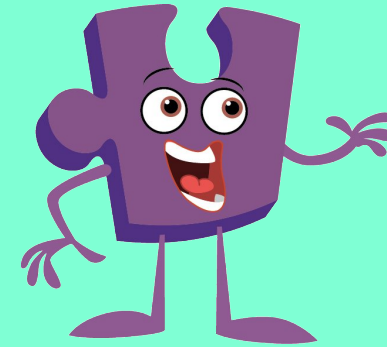


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WALT: Create our own fitness challenge.



Starter - Jigsaw Jino says

Listen carefully to the next set of instructions. If the instructions start with 'Jigsaw Jino says...' you must do the action. However, if the instruction doesn't start with 'Jigsaw Jino says...' you have to stay still.

What is happening to our bodies after completing this starter?

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Calm Me

Come with me as we go into our 'Calm Me' time. In this Puzzle we are learning about keeping ourselves healthy. Being able to calm down and watch our thoughts and feelings is an important part of being healthy.

So let's start our 'Calm Me' time by sitting in our 'Calm Me' way, nice and straight in the chair, feet flat on the floor and spine straight and proud. Shoulders are relaxed and eyes are gently closed.

Now listen to our chime until you can no longer hear any sound...

In this quietness bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again through your mouth.

Breathing like this we feel calm and gentle...

Breathing in and silently counting 1,2,3,4... breathing out silently hearing the words "I am glad to be alive."

Repeat several times

Every time you breathe out feel any tension or worries fizzle down through your body and out through your feet... fizzle away your worries and tension...

Then, as you listen to the chime fade away, bring your body and mind back into the classroom in this present moment, nice and peaceful, ready to learn.

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How many different sporting activities can you think of?



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What is the following picture showing you?



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What might happen if a person took in too much energy and didn't exercise enough?

Would the see-saw tip one way?

How could a person's health be affected?

Now what about if a person exercised too much and didn't take in enough energy?

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WALT: Create our own fitness challenge.



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Your Task:

Today, we want you to create your own fitness routine. Think carefully about what you can already do and what you want to achieve.

Name				
Age				
Class				
Now I can...	How many? How far? How long?	I want to be able to...	How many? How far? How long?	How did I feel when I achieved my challenge?