

**L.O. I am designing my  
— own PE lesson.**

# Why is being active so important?

<https://www.bbc.co.uk/bitesize/clips/zgqw2hv>

It is good for  
your muscles  
and bones.

It makes you  
feel happy and  
is good for your  
mental health.

It helps your  
brain and  
improves your  
memory.

It will give you  
more energy.

*These are just some of  
the reasons why exercise  
is so important.*

# Choose one activity and have a go..

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<https://www.nhs.uk/change4life/activities/indoor-activities>



# Creating your own PE lesson!

For the warm up and cool down there are some examples to help you.

For the activity, you could:

- 1) Play a game you already know (from home or school)
- 2) Set up an obstacle course
- 3) Teach a particular skill for a specific sport
- 4) Set up an OAA challenge e.g. treasure hunt
- 5) Teach a dance / gym routine

You could use some ideas from the PE lessons that you have had at school or even look online.

Warm Up	Activity / Game / Sport	Cool Down
<p><i>Your warm-up must get your heart racing. This prepares you for exercises and prevents injuries</i></p> <p><i>Plan a warm-up game that lasts 5 minutes.</i></p>	<p><i>Plan one activity, game or sport for your PE lesson. It is completely up to you. But, remember to have FUN!</i></p> <div data-bbox="1022 372 1306 572"><p><u>Picture</u></p></div> <div data-bbox="1329 372 1599 572"><p><u>Equipment needed</u></p></div> <p><u>How to play:</u></p> 	

# Could you get your family involved in the PE lesson?

Why not video some of your lesson or take some pictures and send it to us?

