

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..

<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><div><u>Picture</u></div><div><u>Equipment needed</u></div></div> <p><u>How to play:</u></p>	<p><i>Your cool down should slow your heart rate and include stretches so that you do not ache after exercising.</i></p> <p><i>Your cool down should last for 5 minutes.</i></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?

