

Grade 1

Lesson 2

Lesson plan

Lesson theme	Get active	Grade	1
Duration	30 minutes	Date/week	
Context			
<ul style="list-style-type: none">Getting more physically activeBenefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Build on the movements the learners did in lesson 1.		<ul style="list-style-type: none">Learners learn how to lead healthier lifestyles.	
Core knowledge			
<ul style="list-style-type: none">The benefits of physical activity.			
Learning activities and assessment			
<ul style="list-style-type: none">Warm-upRelays: Learners move from 1 beacon to the next first hopping on the right leg, then hopping on the left leg, then sidestepping and then leaping.Discussion about the benefits of physical activityCool-down.			
Forms of assessment		Resources	
<ul style="list-style-type: none">WorksheetOral/discussion.		<ul style="list-style-type: none">Large open areaWhistleBeacons/cones/markers (8 to 10 cones, 2 per group)Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage children to experiment with a range of activities at home and outside in the fresh air.		<ul style="list-style-type: none">The discussion teaches learners about the benefits of physical activityThe activities make children aware that physical activity can be fun.	

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Lesson 2: Get active! (30 minutes)

1 Outcomes

By the end of this lesson the learners should be able to:

- List the benefits of physical activity
- Copy another person's movements
- Move in different ways (rolling, hopping, monkey walking).

2 Teacher's corner

The aim of this lesson is to build on the movements the learners did in lesson 1. You also need to explain the benefits of physical activity to the learner.

The benefits are discussed in the teacher's information guide, but here are the main benefits to emphasise at this level:

- Physical activity is fun
- Physical activity strengthens the heart and increases cardiovascular (heart) and respiratory (lungs) fitness, which will enable the child to do more physical activity and exercise with less effort
- It improves muscular strength and endurance (the ability to lift a heavy object once or twice is referred to as muscle strength, while the ability to lift a lighter object many times is referred to as muscle endurance)
- It helps with weight control and improves body composition. Exercise helps increase lean body mass (muscles and bone) and reduce or maintain body fat
- It builds strong bones and enhances healthy growth and development
- It improves flexibility and the learners' ranges of motion
- It promotes good posture and balance.

3 Activities

For lesson 2, you'll need the following equipment:

- Large open area
- Whistle
- Beacons/cones/markers (8 to 10 cones, 2 per group).

Tips for the activities:

The suggested duration of each activity is only a guide and you can increase the time for an activity if the learners are enjoying themselves.

Activity 1: Warm-up (5 minutes)

Choose a warm-up session from the list of warm-up and cool-down exercises.

Activity 2: Relays (10 minutes)

Divide the class into groups. The size of each group depends on the size of the class, but aim for groups of 6 to 8 learners in each group.

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Rules

The learners will sit in rows, behind a line (a skipping rope, beacon or marker). They will then move from 1 beacon to the next. When they get back to the starting line, they will touch the player in front, who in turn will repeat the process.

The learners have to move from 1 beacon to the next in the following ways:



Hop on the right leg – the learners must move to the beacon by hopping on their right leg; their left leg may not touch the ground.



Hop on the left leg – the learners must move to the beacon by hopping on their left leg; their right leg may not touch the ground.



Side steps – the learners must move to the beacon by stepping from side to side.



Leaping – the learners must move to the next beacon by doing a series of leaps. They must leap from a stationary position; they cannot run and leap.

Depending on the nature of your class, you can have a competition to see which group can finish all the relays quickest. Be sure to include both stronger and weaker learners in a group, so that the groups are more or less of equal strength.

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Activity 3: Benefits of physical activity discussion (10 minutes)

Although this activity doesn't require the learners to do physical exercise, it is a good opportunity to get the learner's input.

Discussion topics:

- Ask the learners about the types of physical activities they do and which are their favourite ones
- Discuss how they feel when they are playing these games
- Find out what the learners think the benefits of physical activity are and make them aware of how important physical activity is to their health.

Tips for activity 3:

- Revise the benefits discussed in the 'Teacher's corner' section
- It is important to use language and terms that the learner will understand
- As the teacher, you can write up the learners' responses and comments, which can be used to teach new vocabulary, or for a reading aloud session.

Doing a reflection activity with the class may help the discussion:

- Ask the learners which movements they did (you can write down learners' responses on the chalk board)
- Ask the learners to draw and label pictures of the activities that they enjoyed the most
- Ask the learners to draw and label pictures of activities that were new to them.

Activity 4: Cool-down (5 minutes)

Choose a cool-down session from the list of warm-up and cool-down exercises.



4 Wrap up: (3 to 5 minutes)

Remind the learners about the benefits of physical activity. Emphasise that it is good to do various physical activities so that their whole body can benefit – it's more fun too!

Introduce the worksheet for lesson 2 to the learners.