



What's going on this week?

Personal trainer, Joe Wicks announced on social media that he will be returning to recording his exercise class - Wake Up With Joe. Joe says he wants to help us to get a bit more exercise in our lives. Apart from keeping our bodies healthy, experts say that working out promotes positivity and good mental health. The sessions started on Monday November 9th and are running each Monday, Wednesday and Friday at 6am on his YouTube channel.

Main question:

What are the best ways for us to keep active?

Listen, think, share

- Look at this week's poster. Do we know who is on the poster? It's personal trainer Joe Wicks. Talk about his live PE with Joe Wicks videos in March.
- Talk about the different ways that we are active in our daily lives.
- Do you think it's important that you enjoy the exercise that you take part in? Why? Talk about if you prefer taking part in activities where you are active on your own (e.g. swimming or cycling) or with others (e.g. team sports)?
- Read the information found on the assembly resource. Talk through the NHS guidance and Joe Wicks' sessions. Can you think of other ways that we can stay active at the moment if some of our usual activities aren't taking place?
- Aside from the physical, do you notice any other benefits from being active?
- Watch this week's useful video (link found overleaf), which shows Joe explaining how his daily videos work. Why do you think he chose to run the classes for free? Are you pleased he is deciding to do them again? Do you think you will take part?

Reflection

There are many different ways that we can keep active. This can be part of our everyday routine, e.g. walking to school or as part of a hobby we enjoy, e.g. a team sport or going for a bike ride. Keeping active is important to help us stay healthy.



KS1 Focus

Question:

What are some of the ways we can stay active?

Listen, think, share

- Explain that being active is moving around and being energetic, not sitting still. Think about your day so far. Have you been active? When? E.g. running around at playtime, walking to school.
- Record a list of different ways you are active e.g. sports clubs, PE lessons, playing a game, bike rides, playing in the park.
- Look at resource 1, which shares some examples of ways we can stay active. Can you think of any other ways? Which do you think you will enjoy doing? Are there any you don't think you would enjoy?
- Order the ways we can stay active from your favourite way to your least favourite way. Do you think everyone's order will be the same as yours? Why? Can you explain to somebody why you have chosen to put them in the order you have?
- Do you enjoy being active? Do you think some people enjoy it more than others?
- Using resource 1 and your own list of ways you are active, sort them into things you can still do during the current lockdown and things you cannot. Can you think of any alternatives for the activities you cannot do e.g. if your dance club is cancelled, could you do a dance workout on your own or with your family instead?

Reflection

Being active is good for us so it is important to find a way to be active that we can enjoy too. Everybody is different so the activities we enjoy the most will be different too!



KS2 Focus

Question:

Is it important for us to enjoy the ways that we remain active?

Listen, think, share

- Record a list of all the ways we are active e.g. walking, sports clubs, playtimes, PE lessons, playing in the park.
- From the list, select your favourite and least favourite way to be active. Are there any that you would not enjoy doing? Why? Does everyone feel the same?
- Discuss if you enjoy being active or not. Are there times when you enjoy being active more than others? Do you think it is important that we always enjoy being active?
- Look at resource 2, where some people share how they feel about being active. Who do you think you are most like?
- Think about why being active is so important e.g. improves muscle and bone strength, gives you higher energy levels, helps you sleep better, keeps you happier, can help your brain to work better, improves flexibility. Elijah thinks it is important to be active, even if you don't enjoy it. Do you agree?
- Look at James' comment. He felt it was really important to enjoy being active and kept trying until he found something he loved. Do you think it is possible for everyone to find something active they could enjoy?

Reflection

Some people enjoy being active more than others. There are so many different ways to be active so if we keep trying, we can usually find something we can enjoy!



Picture News

KS2 Follow-up Ideas

Option 1: Think about some of the active games that might be played on the playground or that the children may play at home at the moment. Discuss how they may differ from the games before lockdown so that we can still play them and still be active, whilst being safe. Ask the children to choose one active game they enjoy playing and with a partner, discuss the following:

- What is your game called?
- How many players do you need?
- What are the rules?
- Is it fun?

Ask the children to write a set of instructions for their active game. Once they are complete, you could make a booklet and share one each day that the children could try and play.

Option 2: Ask the children to think about what happens to our bodies when we become active e.g. our heart rate increases, our breathing rate increases, we become warmer. Focus on heart rate. Explain that heart rate is the number of times your heart beats per minute. Model how to find your heart rate through your pulse. Ask the children to investigate heart rate. Use the following to help:

- What is your resting heart rate?
- What happens to your heart rate after doing star jumps for 1 minute?
- What happens to your heart rate after jogging around the playground for 5 minutes?
- What happens to your heart rate whilst you are walking?



Picture News

KS1 Follow-up Ideas

Option 1: Ask the children to think about one of their favourite ways to be active. Perhaps a sport or a club they enjoy, a game they play or something else such as a treasure hunt or puddle jumping! Use the following questions to support the children in discussing their activity.

- What is it?
- Where do you do it?
- When do you do it?
- Who do you do it with?
- Why do you enjoy it?

Use pictures, words and sentences to share their favourite way to be active. You could display them and maybe try out some of each others.

Option 2: Write the days of the week on the board and say them out loud. Ask the children to think about their week so far and when and how they have been active. Underneath Monday, record an example of times the children may have been active e.g. walk to school, playtime, lunchtime, PE, walk home from school, play in the garden. Give the children a chart to record their active times throughout the week. Using the chart, you could think about:

- Which day were you most/least active?
- How many times were you active on Friday?
- Are you more or less active at the weekend?

You could even repeat the activity and see if the children can be even more active the following week!



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This Week's Useful Websites

[This week's news story](#)

www.standard.co.uk/escapist/joe-wicks-workouts-youtube-lockdown-2-b43257.html

This Week's Useful Videos

[Joe Wicks' original PE with Joe announcement](#)

www.youtube.com/watch?v=K6r99N3kXME

This Week's Virtual Assembly

www.picture-news.co.uk/discuss

This Week's Useful Vocabulary

Announced – told people publicly or officially about something.

Beneficial – something that is beneficial is helpful or is an advantage.

Experts – people who are very knowledgeable about or skilful in a particular area.

Physically – relating to the body.

Positivity – the state of being positive, which means being hopeful and confident and thinking of the good aspects of a situation rather than the bad.

Promotes – supports or actively encourages something and gives it publicity.