




# Get Active:

## The benefits of exercise

Year	Year 1
<b>Lesson No. &amp; Duration</b>	Lesson: 19 <b>Duration:</b> 35-45 minutes
<b>Learning Intentions</b>	<ul style="list-style-type: none"> <li>• Students will be introduced to the benefits of exercise</li> <li>• Students will learn that exercising for 1 hour (or more) a day is the goal for good health</li> <li>• Students will come up with a plan to increase their physical activity over the next week</li> </ul>
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Source YouTube clips from tasks 2 &amp; 4 and have them set up and ready to play</li> <li>• Print 'Exercise helps me ...' worksheets (1 per student)</li> <li>• Print 'The King Julian Challenge' worksheets (1 per student)</li> </ul>
<b>Materials Required</b>	<ul style="list-style-type: none"> <li>• Whiteboard/markers</li> <li>• Stereo/large audio or overhead projector</li> <li>• 'Exercise helps me...' worksheets</li> <li>• 'The King Julian Challenge' worksheets</li> <li>• Glue</li> </ul>
<b>Lesson Structure</b>	<p><b>Task 1: (10 minutes) Group Discussion</b></p> <ul style="list-style-type: none"> <li>• Write the heading 'Exercise' on the board and draw a big circle around it.</li> <li>• Ask students to define what it is and write their answers around the circle.</li> <li>• Write another heading 'Why should I exercise?' on the board and circle it. Ask students they think it's important to exercise and write their answers around the circle.</li> <li>• Draw a stop watch on the board with 5 minute sections (up to one hour). Here is an example to copy:</li> </ul> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> <li>• Ask students for how long they think they should exercise for to be healthy?</li> </ul>

- For each time amount suggested, colour in the relevant time wedge.
- Suggest the answer is more or less. Students keep guessing until 1 hour is suggested.
- Colour in the entire stop watch.

**Task 2: (3 minutes) Exercise is cool**

- Watch this clip:  
<https://www.youtube.com/watch?v=NbEeaBULvys>
- Ask students if there were any other benefits of exercise they learnt from the clip. If so, add them to the list on the board.

**Task 3: (10-12 minutes) Exercise helps me ...**

- Students complete 'Exercise helps me' worksheet and paste into Me Tree Scrapbooks. Students can refer to benefits of exercise on the board if required.

**SAMPLE**

**Task 4: (10 minutes) I like to move, it moves it!**

- Ask students to put up their hands if they have seen the movie Madagascar.
- Explain that in that movie, there was a character who loved to exercise, especially when it came to dancing! Ask students to guess who it was (King Julian).
- Explain that you are going to watch a clip about him:  
[https://www.youtube.com/watch?v=ecSCaZ\\_XPl0](https://www.youtube.com/watch?v=ecSCaZ_XPl0)
- Watch the clip again and invite the students to stand up and dance on the spot.
- If students are hyped up after wards, spend a few minutes calming down with regulation activities from R &R (e.g. body squeezes, praying hands, pulling hands, bear hugs etc).

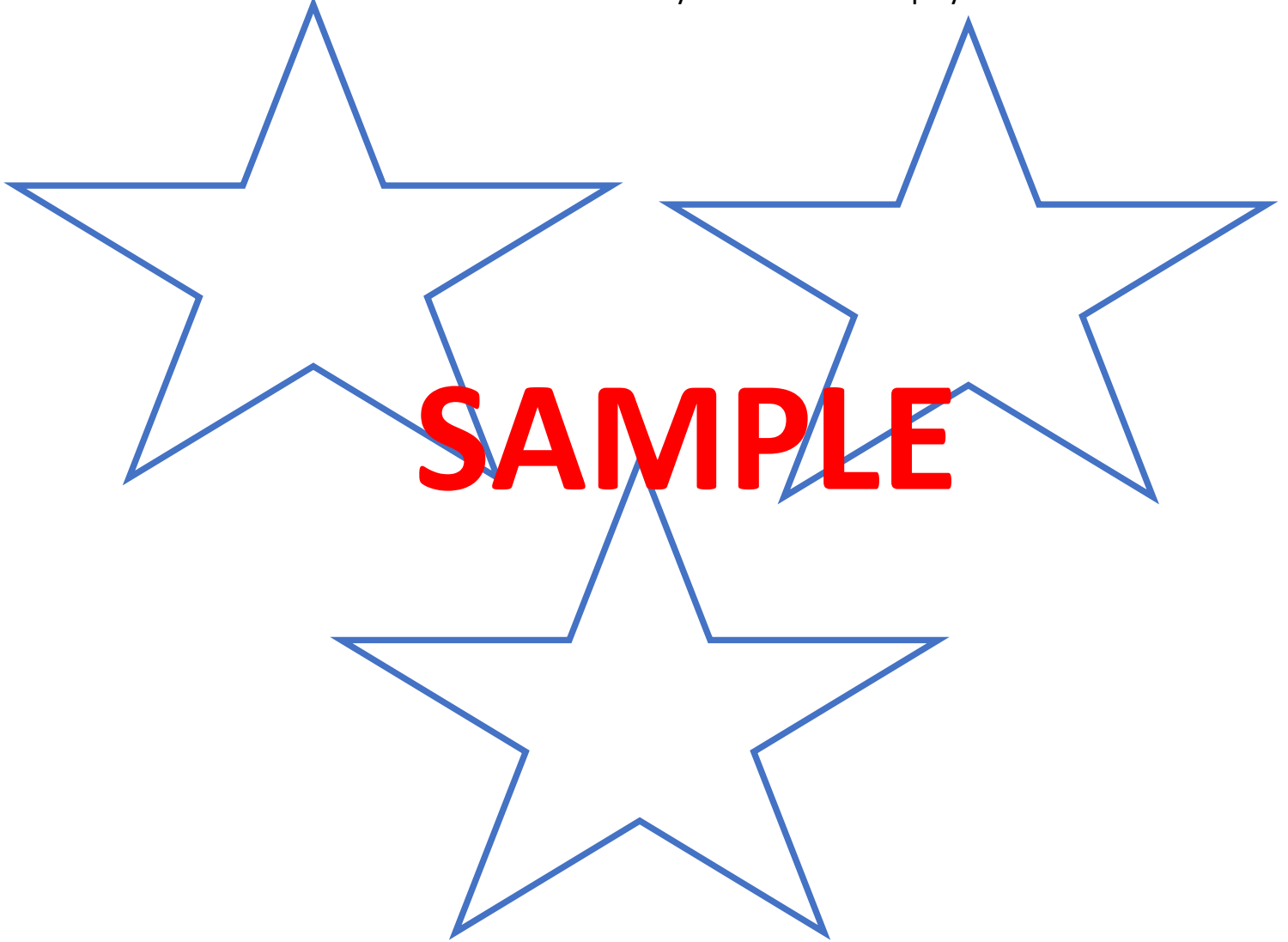
**Task 5: (10-12minutes) The King Julian Challenge**

- Students to complete 'The King Julian Challenge' worksheet and paste in their Me Tree Scrapbooks.



# Exercise helps me...

Write on the stars some of the way that exercise helps you:



How long should you exercise every day for? \_\_\_\_\_

Colour this amount of  
time on the stop watch:





# The King Julien Challenge...

How will you become more physically fit this next week?  
Draw the Get Active things you plan to do:

Before school:

**SAMPLE**

During school:

After school: