













Animals Including Humans: The Benefits of Exercise

Aim Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. To understand that regular exercise is important for a healthy body.		Lesson Duration All timings are approximate. 
Success Criteria I can state the benefits of exercise. I can conduct a survey to find the favourite forms of exercise in my class. I can explain the importance of exercise and its impact on the body.		
Standard School Equipment Mini whiteboards	Preparation Exercise Tally Chart – per child Differentiated What Is Our Favourite Exercise? Activity Sheet – per child Knowledge Organiser – per child	
Key Vocabulary Heart, exercise, blood, pump, veins, arteries, capillaries, plasma, platelets, exercise, diet, circulatory system.		

Prior Learning: In previous lessons, children will have learnt what the heart does. From previous units, children will be familiar with carrying out an investigation.

Learning Sequence

	Remember It: Follow prompts on the Lesson Presentation. Ask children to recall their resting heart rate and discuss what happened to it when they exercised.	
	Exercise: Children should use their mini whiteboards and write down as many sports and ways to exercise that they can think of in one minute. Discuss why exercise is important and ask children to use their Knowledge Organiser to find reasons. Use the Lesson Presentation to reinforce that exercise is very good for us and then share the information about the government guidance. (This information about the benefits of exercise could be transferred into their exercise books if appropriate.) Can children explain the benefits of exercise?	
	Which Is the Most Popular Sport in Your Class? Children complete a survey, in the form of a tally chart, to discover which is the most popular exercise in the class. Children pick six different activities and write them in the left-hand column of the Exercise Tally Chart (with an 'other' option already included at the bottom of the chart to select from). Children survey their classmates and complete the differentiated What Is Our Favourite Exercise? Activity Sheet. Can children conduct a survey to find the favourite forms of exercise in their class?	
 Children analyse their results and fill in the questions on the What Is Our Favourite Exercise? Activity Sheet. Sentence starters given for support. Children then create a poster to advertise a new club starting in their community and the benefits of exercise.	 Children analyse their results and fill in the questions on the What Is Our Favourite Exercise? Activity Sheet. Children then use their findings to write a short persuasive speech to start an exercise club in their community, explaining the benefits of exercise.	 Children analyse their results and fill in the questions on the What Is Our Favourite Exercise? Activity Sheet. Children then use their findings to write a short persuasive speech to start an exercise club in their community, explaining the benefits of exercise and backing up their argument by presenting their data graphically.
	Persuade Me! Review what they have learnt from the survey and about the importance of regular exercise for a healthy body. Discuss which arguments children found the most persuasive and why? Can children explain the importance of exercise and its impact on the body?	

Exploreit

Researchit: Use books or the Internet to research - which is the most popular type of aerobic exercise? Which is the most popular type of strengthening exercise? Why do you think these are so popular? Are these similar to what you found out in your class survey?

Reasonit

Children use **Reasoning Card 4: The Benefits of Exercise** to look at two statements about different types of exercise. They discuss which types are most effective and why.

Assessment**Scientific Knowledge****Working Towards the Expected Level**

With scaffolding and/or support, children can understand that regular exercise is important for a healthy body.

Children:

Working At the Expected Level

Children can understand that regular exercise is important for a healthy body.

Children:

Working At Greater Depth

Children can confidently discuss and understand that regular exercise is important for a healthy body.

Children:

Working Scientifically**Working Towards the Expected Level**

With scaffolding and external support, children can record data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs.

Children:

Working At the Expected Level

Children can record data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs.

Children:

Working At Greater Depth

Children can confidently and independently record data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs.

Children: