

Aim: To understand that regular exercise is important for a healthy body.				Date:					
				Delivered By:			Support:		
Success Criteria	Me	Friend	Teacher	T	PPA	S	I	AL	GP
I can state the benefits of exercise.				Notes/Evidence					
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.									
Next Steps									
<ul style="list-style-type: none"> _____ _____ 									

T	Teacher	I	Independent
PPA	Planning, Preparation and Assessment	AL	Adult Led
S	Supply	GP	Guided Practice

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