

KS1 – Assembly Plan 1

Why is moving our bodies so important?

Preparation:

- Prepare 3–5 images or short clips showing children being active (e.g. running, dancing, stretching).
- Prepare a small prop such as a skipping rope, ball, or trainer.
- Play the song “Happy” by Pharrell Williams at the start or end.
- Optional: a soft toy or puppet to help present part of the story/message.

1	1. Welcome and Introductions Welcome the children. Say you’ll be talking about something everyone can do — moving our bodies! Ask them to guess the big question by showing a ball or skipping rope.
2	2. Reveal the Big Question <i>“Why is moving our bodies so important?”</i> Ask: Who loves to move? Who likes to dance, run, jump, or climb?
3	3. Let’s Look and Wonder Show some fun images or a short clip of children moving in different ways — in P.E., at breaktime, dancing in a club, etc. Ask: • What are they doing? • How does it look like they’re feeling?

4	4. What Happens When We Move? Explain that moving helps our bodies and minds. • Our hearts get stronger. • Our muscles grow. • We feel happy and energised. Ask the children to feel their heartbeat after standing up and jogging on the spot for 10 seconds.
5	5. The Story of Slow Sloth <i>(Optional Short Story)</i> Tell a very short, simple story: Slow Sloth never wanted to move. But one day, he joined a dance class with Monkey and Elephant. At first, it was hard... but soon he was smiling and stretching. He felt strong and happy! Ask the children: What helped Sloth feel better?
6	6. Personal Challenge Ask: What could you try this week to move more? Dancing at home? Running in the playground? Invite a few children to share their ideas.
7	7. Reflection Let's pause and think: • How do you feel when you move? • What's your favourite way to move? Encourage quiet reflection or a brief pair-share.

Music

"Happy" by Pharrell Williams

Or an instrumental version to keep the mood light and joyful.

Cross-Curricular Links:

P.E.: Movement, fitness, coordination

PSHE: Health and well-being, recognising how activity helps mood

Science: Understanding how exercise affects the body