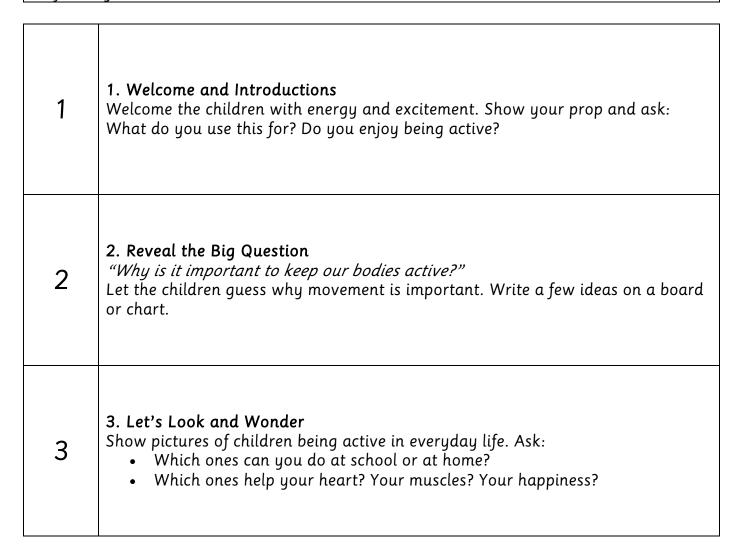
# LKS2 – Assembly Plan 2

## Why is it important to keep our bodies active?

### Preparation:

- Prepare images of children being active in different ways: walking to school, dancing, skipping, playing football, riding bikes, etc.
- Bring a prop like a skipping rope, water bottle, or football.
- Prepare a few fun facts about the benefits of physical activity (e.g. it helps your brain, heart, sleep, and mood).
- Optional: Ask two children to act out being "active" vs "inactive" as part of the assemblu.
- Song suggestion: "Can't Stop the Feeling" by Justin Timberlake (or an instrumental/kid-friendly version).



4	4. Story Time / Short Skit Share a true story or create a short, fun skit: E.g. "Jamie used to watch TV all day after school. Then one day, he joined a skipping club. Now, he skips every morning and feels more awake and happier in lessons!" Or have two children act out 'Inactive Isla' and 'Active Alfie' — compare their energy and mood.
5	<ul> <li>5. Key Messages</li> <li>Explain that moving our bodies: <ul> <li>Keeps our hearts healthy</li> <li>Makes our brains more alert</li> <li>Improves our sleep and mood</li> <li>Can be done in big or small ways — even 10 minutes helps!</li> <li>Remind them: It's not about being the best — it's about being active.</li> </ul> </li> </ul>
6	<ul> <li>6. Reflection</li> <li>Ask children to think quietly:</li> <li>• What is one way I like to move my body?</li> <li>• Could I be a little more active this week?</li> </ul>
7	7. Music and Goodbye Play "Can't Stop the Feeling" and clap along as children leave. You could even encourage them to move, skip, or wiggle as they exit!

#### <u>Music</u>

"Can't Stop the Feeling" by Justin Timberlake

Or a school-appropriate movement/dance song

### Cross-Curricular Links:

P.E.: Health and fitness, movement

Science: Importance of exercise for humans

PSHE: Healthy choices, wellbeing

<sup>&</sup>quot;Happy" by Pharrell Williams (kid-friendly version)