

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 assembly.
- Song suggestion: “Can’t Stop the Feeling” by Justin Timberlake (or an instrumental/kid-friendly version).

1	1. Welcome and Introductions Welcome the children with energy and excitement. Show your prop and ask: What do you use this for? Do you enjoy being active?
2	2. Reveal the Big Question <i>“Why is it important to keep our bodies active?”</i> Let the children guess why movement is important. Write a few ideas on a board or chart.
3	3. Let’s Look and Wonder Show pictures of children being active in everyday life. Ask: • Which ones can you do at school or at home? • Which ones help your heart? Your muscles? Your happiness?

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	5. Key Messages Explain that moving our bodies: • Keeps our hearts healthy • Makes our brains more alert • Improves our sleep and mood • Can be done in big or small ways — even 10 minutes helps! Remind them: It’s not about being the best — it’s about being <i>active</i>.
6	6. Reflection Ask children to think quietly: • What is one way I like to move my body? • Could I be a little more active this week?
7	7. Music and Goodbye Play “<i>Can’t Stop the Feeling</i>” and clap along as children leave. You could even encourage them to move, skip, or wiggle as they exit!

Music

“Can’t Stop the Feeling” by Justin Timberlake
“Happy” by Pharrell Williams (kid-friendly version)
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