

KS1 – Lesson Plan 3 – P.E.

How do our bodies move and stay healthy?

Aim: To explore how different body parts help us move and understand how exercise keeps us healthy.	Key Words: body, move, bones, muscles, joints, healthy, exercise, energy, heart, stretch	Preparation: - Space to move (hall or playground) - Body part labels or simple skeleton diagram - P.E. cones or markers - Stopwatch or timer - Simple recording sheets or symbols (e.g. for tracking heart rate: slow/fast)
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Prior Learning: Children have identified body parts (head, arms, legs, hands, feet) and know that being active is good for them.

WC / PT	<u>Warm-up:</u> Ask the children to stand and play a game of “Move That Body Part!” Call out: “Wiggle your elbows!” / “Stretch your legs!” / “Circle your wrists!” Then ask: - Which parts help you jump? - Which parts help you balance? - Why is it important to move every day?	0-5 mins
WC	<u>Main Teach:</u> Introduce basic facts about the body: - We have bones and muscles that help us move. - Our heart beats faster when we exercise to give our body energy. - Moving our bodies helps us stay strong and healthy. Use a simple skeleton diagram or child-friendly body model to point out joints (elbows, knees) and muscles. Explain that we’re going to become body scientists — using P.E. to explore how we move and how it affects our bodies.	5-10 mins

I / S	<u>Activity:</u> Body Scientist Challenge Course Set up simple movement stations: 1. Jumping Jacks – How high can you jump? 2. Balancing Line – Walk heel-to-toe across a line 3. Stretch Station – Reach up high, touch your toes 4. Heartbeat Check – Feel your chest before and after moving Children rotate around stations in small groups. At each station, they discuss: • Which body parts are working? • Is your heart beating faster? After the circuit, regroup and reflect.	10-30 mins
I	<u>Extension Challenge:</u> Children design their own movement station using a particular body part (e.g. “Spin with your arms!” or “Hop on one leg!”).	30-35 mins
WC	<u>Plenary:</u> Ask children: • What happens to our bodies when we move? • Why do we need strong muscles and bones? • How did your heart feel after the activity? Children draw or act out their favourite movement and say which body parts they used.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Draw yourself doing your favourite movement and label your arms, legs, hands, and feet.
Challenge B	Write a sentence: “I use my legs to run fast.” Or complete a sentence: “My heart beats faster when I...”