

LKS2 – Lesson Plan 3 – P.E.

What does exercise do to our bodies?

Aim: To investigate the effects of physical activity on the human body, including heart rate, breathing, and temperature.	Key Words: • exercise, pulse, heart rate, breathing, energy, sweat, muscles, body temperature, fitness, healthy	Preparation: • Stopwatch or timer • P.E. equipment (cones, hoops, skipping ropes, beanbags) • Pulse check diagrams or instructions • Recording sheets or clipboards • Thermometers (optional) • Large graph paper or whiteboard for whole-class results
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Prior Learning: Children know that the heart beats faster when we move and that exercise keeps us healthy.

WC / PT	<u>Warm-up:</u> In the hall or playground, lead a short routine: • March on the spot • Star jumps • Arm circles • Stretches Ask: • How do you feel right now? • Is your heart beating faster? Show how to find your pulse using your neck or wrist. Practise counting for 15 seconds.	0-5 mins
WC	<u>Main Teach:</u> Explain that our bodies respond to exercise in different ways: • Our heart beats faster to carry oxygen around the body. • Our breathing increases to take in more air. • We might feel warmer or start to sweat. Model how to record changes after movement: 1. Resting heart rate 2. Exercise (1–2 minutes) 3. Heart rate after exercise 4. Breathing and temperature observations Discuss the scientific method: observing, measuring, recording, concluding.	5-10 mins

I / S	<u>Activity:</u> “Fitness Investigator” Circuit Children work in small groups and rotate through 3–4 simple activity stations: 1. Skipping rope 2. Jumping jacks 3. Running between cones 4. Balance and stretch At each station: • Take your pulse before and after • Record how you feel (e.g. tired, hot, breathing fast) • Use symbols or number scales for younger pupils Each group records and compares their results.	10-30 mins
I	<u>Extension Challenge:</u> Which activity caused the biggest increase in heart rate? Why do different movements have different effects? Graph your heart rate data and compare between groups.	30-35 mins
WC	<u>Plenary:</u> Circle time reflection: • Which activity made your heart beat fastest? • How does exercise help our bodies stay healthy? • Why is rest also important? Create a class list titled: “How Exercise Helps Our Bodies”	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Maths Link: • Use your data to create a bar chart showing heart rates before and after different activities.
Challenge B	English Link: • Write a short report or conclusion: <i>“After running, my heart beat faster. This helps my body get more oxygen.”</i>