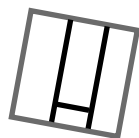


Effects of activities on the body

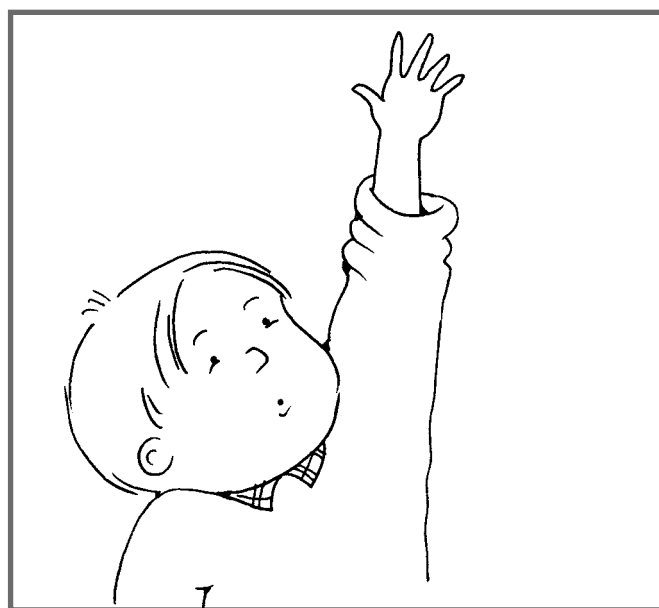


Topic

Myself

Resources

- Floor space
- *Did You Ever See a Lassie?* from Oki-tokki-unga (A&C Black)



Learning objectives

- To become aware that physical activity and exercise can contribute to good health.
- To experiment with different ways of moving
- To move with increasing control and coordination
- To negotiate space successfully while moving around other children, avoiding collisions
- To observe the affects of activity on the body

Preparation

- Prepare an empty space suitable for many exercising activities and encourage children to move around freely and to assume a variety of positions. Allow the children to rest when they are tired.

What to do

- Discuss exercise with the children. Ask if they noticed any difference in their body after exercise. Use a playground or a hall to practise some of the following activities.
- To the tune of 'Frère Jacques', complete these actions:

*Lift your right arm, lift your right arm.
Your right arm, your right arm.
Can you lift it higher, can you lift it
higher?
Up, up, up.*

- Repeat with left arm, right leg, left leg, feet, fingers, head, back, etc. Sing and practise types of movement instead of parts of the body, such as 'run around', skip, hop, etc.

Extensions/variations

- Sing 'Did You Ever See a Lassie/Laddie?' Have the lassie or laddie stand in the centre of a circle of children and perform as many ungainly and awkward actions as possible. When the verse has finished, invite all the other children in the ring to perform the same actions. Let the children take turns in being the one in the middle.
- In a floor space, ask the children to think of many different postures. Ask them to run, jump or skip, and to balance on one leg as long as they can.
- Once again to the tune of 'Frère Jacques':
*I am walking, I am walking,
Walk walk walk, walk walk walk,
I am walking, I am walking,
Walk walk walk, walk walk walk.*
- Try jumping, skipping, hopping, dancing, etc, singing along to the movements to maintain a steady beat and rhythm.

Related activity

- Can you be a doctor? (see page 75)