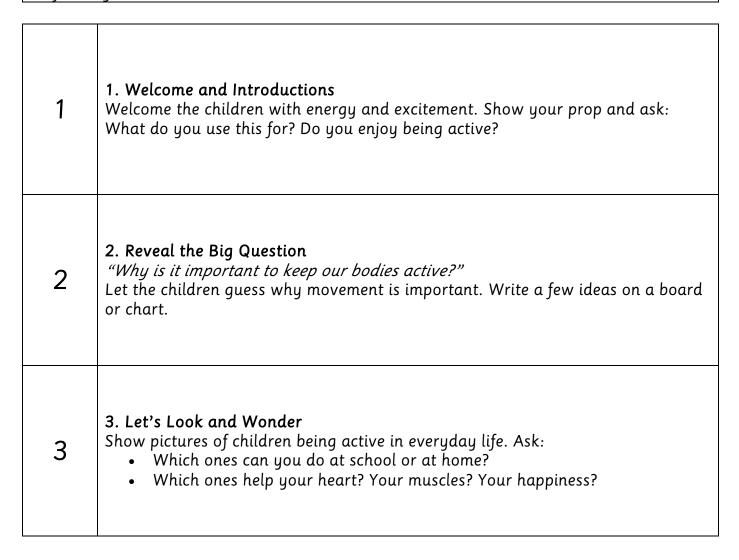
LKS2 – Assembly Plan 2

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).



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 active.
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 "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
"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