

KS1 – Lesson Plan 3 – Science

What can our bodies do, and how do they move?

Aim: To explore the ways our bodies move and understand how exercise helps us stay healthy.	Key Words: body, move, stretch, run, jump, balance, healthy, strong, muscles, heart, exercise	Preparation: - Large open space (hall or playground) - Cones or markers - Stopwatches or timers - Simple diagrams of the human body (to label or discuss) - Paper and pencils
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Prior Learning: Children should have basic knowledge of body parts and have experienced structured movement sessions in P.E.

WC / PT	<u>Warm-up:</u> Body Part Bingo Call out body parts (e.g. elbows, knees, toes) and children have to touch or move that part. Follow with some basic stretches and aerobic movements (e.g. star jumps, running on the spot).	0-5 mins
WC	<u>Main Teach:</u> Introduce the idea of exercise and the body. Use simple diagrams to show muscles and the heart. Discuss how movement makes our heart beat faster and helps our body grow strong. Identify movements. Talk through how our bodies move — we can stretch, balance, jump, hop, bend, run, etc. What do we use to do these things? Observation challenge. Get children to notice how their breathing and heart rate change after moving.	5-10 mins

I / S	<u>Activity:</u> Body Moves Obstacle Course Set up a movement course with different stations: • Hop on one leg • Crawl under a tunnel • Jump over cones • Balance along a line • Do 5 star jumps Children complete the course while thinking about what their body is doing.	10-30 mins
I	<u>Extension Challenge:</u> After completing the course, children draw a picture of themselves doing their favourite movement and label the parts of the body they used.	30-35 mins
WC	<u>Plenary:</u> Sit down together and talk: • How did your body feel when you moved? • What did you notice about your breathing and heart? • Why is it important to move and exercise every day?	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Body Part Label Hunt Set up a simple relay race where children collect labelled cut-outs of body parts (e.g. arm, leg, heart, lungs) and place them correctly on a large outline of a body. This reinforces their understanding of how their body moves during exercise.
Challenge B	Healthy Lifestyle Poster Children create a poster with captions or simple sentences encouraging others to stay active and healthy (e.g. “Drink water!”, “Run every day!”, “Eat fruit!”). Focus on using key vocabulary linked to healthy habits and movement.