



Student Activities

Title **Getting Active!**

Theme **Using leisure time for physical activity**

Introduction

How do you use your leisure time? Leisure is the time you have for yourself when you are not at school, doing chores or at work. What you choose to do during your leisure is what you enjoy.

Physical activity needs to be included during our leisure time to keep us healthy.

Learning Tasks

1. As a class, list the activities you enjoy doing under the headings "Physically Active" and "Inactive" in your leisure time.
2. On a strip of paper record one new physical activity you would like to try during your leisure time. Display this for the class, under the heading "Getting Active".

A fun way to get active and move more is to create a short and simple circuit involving a variety of different exercises.

3. Individually or in pairs plan a mini-circuit for either indoors or outdoors, so even on those cold, wet days you can still have some fun getting active.

Select between five and ten short and safe activities that use both arms and legs. These could include:

- running
- jumping and reaching
- moving up and down stairs
- dodging between objects
- push-ups from the floor (harder) and push-ups from the wall (easier)
- skipping
- dancing

To make sure that it takes at least ten minutes to complete the circuit you may need to repeat some of the exercises. If you are jumping on the spot or skipping with a rope, try and do at least ten jumps/skips.