



Exercise makes us happy



Level 3

Years 5 & 6



Length of lesson

90 minutes



Learning style

Guided/group/
independent/outdoor



Resources

- + **5.1 Activity Sheet – Exercise makes us happy**
- + **5.2 Activity Sheet – Design a badge or sticker**
- + Whiteboard or poster paper and pens, coloured pencils



WALT

Investigate how exercise is important for mental and emotional wellbeing (Taha hinengaro).



Learning Outcomes

Students will:

- + Make links between physical activity and improved sleep patterns, learning and general happiness;
- + Take part in fun, active outdoor games, identifying and recording how they feel (both physically and emotionally), before and after the exercise and then make comparisons;
- + Create a slogan based on the concept that exercise is vital for happiness and design an inspirational badge or sticker using language effectively.



Vocabulary

Mental wellbeing, emotional wellbeing, circadian rhythm, hippocampus, endorphins, cardiovascular, resilience, slogan

Lesson Plan 5

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Learning Activities

1. Introduce the lesson by asking the class, What is mental and emotional wellbeing and what are the signs of good mental health? Examples might include how mental health affects learning, emotions, relationships and our ability to face challenges. In small groups or as a whole class, brainstorm for two minutes and record students' ideas. Discuss.
2. Provide each student with **Activity Sheet 5.1 – Exercise makes us happy**. Students read about exercise and mental and emotional wellbeing then complete the summary by filling in the missing words. Alternatively, students could work in small groups to discuss word meaning first and then fill in the missing words on a single activity sheet as a group (you could provide A3 activity sheets to facilitate this). For students who would benefit from extra support, this could be a guided activity to reinforce the key words and support the comprehension of this text.
3. Using the word bank on the activity sheet, students record how they are feeling now, before they exercise.
4. Take the class outside for fun, high energy games for 20 minutes. Games could include tag, relay, obstacle courses, dodgeball, capture the flag etc.
5. Students return to class to complete the activity sheet, recording how they now feel i.e. after exercise. They compare their feelings before and after exercise.
6. Using **Activity Sheet 5.2 – Design a badge or sticker**, students create an inspirational slogan promoting the importance of exercise for happiness. Students can refer to the information on the **Activity Sheet 5.1 – Exercise makes us happy** to prompt them. Students then design a badge or sticker on the template, ensuring their design complements their slogan. Create a wall display of their completed work.



Extra activity

Create a crossword puzzle using the words you chose to complete the summary in **task 2**. Provide clues that are clear. Give it to a friend or take it home for your family to solve!



Tip: Use quad paper that you find in a maths exercise book.

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Task 2 – Answers

The four main benefits of exercise for mental wellbeing include high-quality night-time **SLEEP**, a boost in **BRAINPOWER**, which helps with our learning, and an opportunity to connect with people and make **FRIENDS**. Exercise is also a great **STRESS** buster.

Exercise helps our internal clock stay regular ensuring that we sleep soundly at night and feel energised during the day. This process is called the **CIRCADIAN RHYTHM**. Sleep is extremely important for our mental **WELLBEING** because it makes us feel more **CONFIDENT**, positive and more **RESILIENT**.

Scientists have proved that cardiovascular exercise, which increases the **HEART RATE**, helps make new **BRAIN** cells and improves brain performance. Exercise also helps strengthen the **HIPPOCAMPUS** which is the part of the brain that is responsible for **MEMORY** and learning.

Making connections with people and having good friendships increases our sense of **BELONGING** and it improves our **SELF-CONFIDENCE**. Walking, **CYCLING** or **SCOOTERING** to school is a great **OPPORTUNITY** to **CONNECT** with friends.

Exercise stimulates the production of feel-good chemicals called **ENDORPHINS**. These chemicals improve our **MOOD** and help us to think **CLEARLY** to solve **PROBLEMS**. Exercise is good for our wellbeing, and it helps put the **SMILE** on your dial and the **PEP** in your step.