

LIVING

STREETS

KS2/Progression Steps 2&3/P 3-6

INTERNATIONAL Walk to School Month

Every October, children around the world walk, wheel or scoot to school for International Walk to School Month. Physical exercise is important for children's mental and physical health and it can also boost confidence and connection with others. Use our teacher resource to discuss the importance of physical exercise and how it benefits our minds and bodies.



THEME

HEALTHY BODIES AND MINDS



DURATION: 60 MINUTES

Discussion: why movement is important for our health and wellbeing (10 minutes)
Outdoor activity (15 minutes)

Reflection: how do we feel after physical exercise? (10 minutes) Create a poster about why physical exercise is good for us (25 minutes)

> AIM

To help pupils understand how physical activity helps keep our bodies healthy and supports our mood. Walking and wheeling can support their emotional and physical wellbeing, helping to make them feel happier, more regulated and making it easier to concentrate in the classroom. Pupils will be encouraged to identify and discuss how they feel before and after an outdoor activity and then design a poster to raise awareness about the benefits of keeping our bodies and minds healthy.

> LEARNING OBJECTIVES

- Pupils will understand that physical exercise is good for our bodies and minds.

- Pupils will take part in an outdoor activity and reflect on how they feel afterwards (this can be adapted for different needs).
- Pupils will design a poster to raise awareness about the benefits of physical exercise on both our physical and emotional wellbeing to encourage more pupils to walk and wheel to school (this can be adapted for different needs).

> RESOURCES

- Activity sheet
- Pens/pencils
- Eraser
- Coloured pencils

> CURRICULUM LINKS

- KS2 PHSE/PE
- L1-2 Health and Wellbeing
- P3-6 Health and Wellbeing

> PLENARY

After the lesson, ask pupils to share their posters and discuss:

- **WHAT** is one new thing you have learned about physical exercise?
- **HOW** can you stay active this week?

VOCABULARY

- Energised
- Refreshed
- Calm
- Happy
- Focused
- Strong
- Active
- Resilience





HEALTHY BODIES and MINDS

ACTIVITY: DESIGN A POSTER

Design a poster that will encourage more pupils to walk or wheel to school

- Include facts about the physical benefits and mental wellbeing of exercise
- Use colourful illustrations



FIND OUT how your pupils can benefit from walking and wheeling by taking part in WOW - the walk to school challenge. Visit livingstreets.org/wow for more information