

The Adventure of Exercise

WRITTEN

To encourage students to recognise the importance of staying active and how physical activity can make them feel strong and energised.



Learning Intentions

I can understand the importance of staying active:

This encourages students to recognise the benefits of physical activity and its role in maintaining health and well-being.

I can identify my favourite way to stay active:

This helps students reflect on the types of exercise or physical activities they enjoy and how they contribute to a healthy lifestyle.

I can express how staying active makes me feel strong:

This encourages students to connect physical activity with positive emotions, such as strength, energy, and happiness.



Success Criteria

Identifying My Favourite Way to Move or Exercise:

Students can identify their favourite way to move or exercise, ensuring they think about and connect with the physical activities they enjoy most.

Explaining How This Activity Helps Me Feel Strong:

Students can explain how this activity helps them feel strong, encouraging them to reflect on the physical and emotional benefits of staying active.

Expressing My Experience Through Writing or Drawing:

Students can express their experience through writing or drawing, allowing them to creatively communicate how staying active impacts their strength and well-being.



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Objective: To encourage students to recognise the importance of staying active and how physical activity can make them feel strong and energised.

Players: Perfect for small groups (5-26 students).

Materials:

- Paper
- Coloured Pencils, markers, or pens

Setup: Provide each student with a piece of paper and access to coloured pencils, markers, or pens. Encourage students to think about their favourite way to stay active and how it makes them feel.

Gameplay:

1. **Think About Your Favorite Way to Move:** Ask students to reflect on the physical activities they enjoy most. This could include sports, dancing, running, yoga, or any movement that makes them feel good.
2. **Draw About the Activity:** Have students draw about their favourite way/s to stay active and explain why they like it. They can also describe how this activity helps them feel, students can either use written words or create images that represent the emotions they feel during their chosen activities. Encourage students to assign different colours to different emotions.
3. **Reflect on the Benefits of Exercise:** After completing their drawing, ask students to reflect on how staying active makes them feel physically and emotionally. As a class, share the emotions, feelings and benefits the students have listed or drawn.

Reflection Prompt:

- How does your favourite way to move make you feel?
- Why is it important to stay active?
- How does exercise help you feel strong and healthy, both physically and mentally?

Winning the Game: There is no winner in this activity. The goal is to encourage students to think about the physical activities they enjoy and recognise the positive impact of staying active.



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Additional Notes: The Adventure of Exercise helps students connect movement with positive emotions, encouraging them to stay active in fun and enjoyable ways. By reflecting on how exercise makes them feel strong, students develop a deeper appreciation for physical activity as an important part of maintaining a healthy lifestyle. This activity promotes physical well-being, confidence, and the importance of regular exercise.