

Hillstone Lifeskills



This half term we will be focusing on health, wellbeing and fitness! Today you will be designing your own fitness plan.

When we exercise, we breathe faster and harder and our heart beats faster. Have a go!

Run on the spot for 30 seconds and do 20 star jumps.

Now feel your heart beating. See how it is beating faster and harder.

Watch the video about our heart and lungs



Calm me



Before we start lets calm our minds and focus on our breathing-
Click on the relaxing breathing link on the virtual school.



An hour a day is the minimum time you should be active for and you can always do more. The hour can be made up of lots of different chunks of time and activities throughout the day. You can choose what activities you do in order to keep your bodies healthy.

You are going to make up your own fitness challenge:

Your fitness challenge will be unique to you and your family.

You are doing the challenge to help everyone get fitter so that their heart and lungs get a workout and become stronger.

Can you think of any ideas now on what you could do to be active at home?

Let me learn

Write in the
Now I can...
section

Name			
Age			
Class			
Now I can...	How many? How far? How long?	I want to be able to...	How many? How far? How long?

What can you do now without stopping for a break?

examples: play football for half an hour, skip with a rope for 10 minutes, hop on the spot 20 times.

It must be something you can do now without stopping to rest.

Now think about how you can challenge yourself, your challenges need to be realistic and manageable.

example:

I want to do 40 star jumps in 1 mintue.

I want to skip for 5 mintues without stopping.



Name			
Age			
Class			
Now I can...	How many? How far? How long?	I want to be able to...	How many? How far? How long?

Write in the
I want to be
able to...

You can work on your fitness challenge any time you want to. Maybe on your lunch break or before you have your dinner in the evenings.



We will return to the fitness challenge in lesson 6 to see if you have achieved your goals, so make sure you keep it safe!