

Practice
the moves!

This lesson plan and activities link to the curriculum in England, Northern Ireland, Scotland and Wales. Please download your curriculum chart.

Activities to encourage your pupils to understand how and why exercise is important for the body and the benefits it can bring to their health. Using a PE lesson work with the class to plan a ball activity which can help raise money for the "Histic on the Move" campaign.

Class discussion:

- Discuss with the class reasons why sport and exercise are good for the body.
- Ask pupils to list the effects that physical activity can have on the body and record their ideas.
- Ask the class what types of sport and exercise they enjoy and the reasons why they enjoy them.

Group activity:

- During a PE lesson set up a range of ball based activities for the pupils to take part in. Dribbling footballs through cones, throwing tennis balls in pairs or groups, putting golf balls into holes or tubes or shooting netballs or basketballs into nets are all fun ideas.
- Allow pupils to have a go at the activities to see what skills they use for the different tasks.
- After each activity ask the pupils to make a note of how their breathing has been affected and check their pulse rate. Which activities made their bodies work the hardest and which did they most enjoy?

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Individual task:

- For the second half of the lesson, ask pupils to think of a ball linked activity which the whole class could take part in. This could be running a class/school tournament
- Ask pupils to make a list of the equipment they would need to run their event and to devise the rules to make sure the activity can be played fairly.
- Can the pupils make their activity have a fundraising element? Could people be sponsored to take part and raise money for each exercise they achieve, or could they pay to play in the tournament?
- Bring the group together and as a class share the pupils' ideas about the different events that could be run, which do the class think would be most successful?

Get involved:

Use your pupils' great ideas to join thousands of children across the UK in Practice Your Moves - Histio on the move! Organise any event you like - as long as it involves a ball! All children can get involved and the event is suitable for boys and girls of all ages and abilities. Find lots of ideas and support at www.histiouk.org.

About Histio UK

Histio UK is the UK's leading histiocytosis charity for Children, young people, adults and their families. We fund research and provide information support. Find out more at www.histiouk.org.