Science

Science planning with Sustainable Travel Links for Year 1 and 2
Working scientifically to investigate the benefits of exercise.
Links to maths – data handling, PE and PSHE

Objectives:	• ask and answer simple questions • use simple equipment and make observations • perform simple tests • gather and record data to help answer the posed questions
Success Criteria:	• a relevant question that needs to be answered • correct and sensible use of equipment • sensible group work • clear recording • a conclusion that is relevant to the question

Teacher Input with key questions:
Explain that today's lesson is about keeping healthy.

Intro – talking partners write down all the things we need to keep healthy. Group them into the main four: Food, Water, Exercise, Rest. Which ones are easiest to obtain? Which ones are trickier?

http://www.bbc.co.uk/schools/scienceclips/ages/6_7/health_growth.shtml
Work through this activity – what do we notice?

Main input:
Thinking about exercise: Why is it important? What kinds are there? Do we do enough? What ways can we do more? Go through the following sentences and fill in the gaps to emphasise the importance of exercise.
http://www.primaryresources.co.uk/science/pdfs/JHexercise.pdf

Task
The school is going to be part of a Healthy Schools Project (change scenario to fit the school) and has asked each class to come up with some effective exercises that can be done easily on the play ground using the equipment available in school. Each exercise can then be photographed and put into a book.

What big questions can we think of? E.g. How can we increase our heart beat? How can we strengthen our stamina? How can reduce getting puffed out? How can we keep it interesting for everyone?

In groups of four, children to decide: The big question they want to answer; The equipment they will need; How they will record – number of jumps etc. (proforma provided as example); How they will keep it fair; How they will know if it was successful

Take answers to some of these questions.

Give time for enquiry / discussion in groups
Chn have time to discuss their enquiry and find the equipment
CT and LSA to take photos as evidence along with recording sheets or work put in books

Resources

PE equipment – ropes, bean bags, balls etc.
Clip boards
Stop watches
Pedometers
Camera
Recording proforma

Plenary

Mini plenary when time for discussion completed.

What exercises are going to be carried out?

Did your exercise answer the question?

How can it be improved?

Chance to look at and participate in the exercises.

Assessment

- Can ask a relevant question that needs to be answered
- Can correct and sensible use of equipment
- Can work sensibly in a group
- Can present recording clearly
- Can make a conclusion that is relevant to the question

Science

Enquiry about exercise **Date:**

My name:
Other people in my group:

Our big question:

My prediction – what I think will happen:

Description of activity:

How we made it a fair test:

Equipment we used:

Results

Name of person	Score (in _____ minutes / seconds)

What we found out – our conclusion

Was my prediction correct?

What have I learnt today?