



Note: for more details see [Teacher resource PDF](#).
All resources available on our website: bbc.co.uk/terrificscientific

Total Duration: 60mins

Lesson Objectives:

(per day, 3 days to complete)

- Develop **observational skills** and encourage children to **draw simple conclusions** from their observations using scientific language.
- **Recognise** the positive impact that exercise can have on their body.
- Children will understand **how to use the data** they have gathered to recognise an effect.

Activity: Starter

10mins

- In pairs discuss benefits of exercise.
- Play intro film.

Materials:

Web resources:

Classroom Presentation
bbc.in/2tukF2G

Activity: Get ready

5mins

- Decide which of the three outside activities you will do today.
- You can do them in any order but only one per day.
- Play the relevant how-to film for the activity

Materials:

Web resources:

How to Films:
bbc.in/2uoQ6OM

Activity:

20mins

Children to complete mood questions and the Stroop test.

Materials:

Web resources:

- **Mood Scale**
- **Stroop Test/ Answers**
- **Stopwatch/Timer**

Activity: Outside Activity

20mins

Complete the chosen outside activity with your class.
Remember, you want the children to retake the mood questions and Stroop test as soon as possible after the outside activity.
Do **ONE** of the following 3 activities per day:

	Materials:	Web resources:
1. Bleep test	<ul style="list-style-type: none"> Measuring equipment for 20m Cones/markers Audio player and speaker Pens 	<ul style="list-style-type: none"> Bleep test audio Score sheets (print) How to Films: bbc.in/2uoQ6OM
2. Own pace walk / run	<ul style="list-style-type: none"> Stopwatch or timer for 15mins Access to school field or suitable outside area 	How to Films: bbc.in/2uoQ6OM
3. Control Activity	<ul style="list-style-type: none"> Stopwatch or timer for 15mins Access to suitable outside area 	How to Films: bbc.in/2uoQ6OM
Activity: On-line Tests		
Now children complete the same mood questions Stroop tests.	Materials:	Web resources:
Once you have completed the first outside activity and two sets of on-line tests, complete the above for the other two. Remember to complete activities on separate days.		
Activity: Plenary	5mins	
Share the class results. Hand out copies of the Student review worksheet. Lead a class discussion based around the questions: <ul style="list-style-type: none"> How do you think the exercise affected your body? How do you think the exercise affected how you feel? 	Materials: <ul style="list-style-type: none"> Class results sheet printed or displayed on IWB 	Web resources: <ul style="list-style-type: none"> Student Review worksheet