

	Eco-Schools Topic Healthy Living	Age Range Lower KS2	Subject Area PE
Lesson Objectives from the National Curriculum Purpose of Study The curriculum states that PE should: • Inspire pupils to succeed and excel in physically demanding activities. • Provide opportunities to become physically confident in a way that supports their health and fitness • Enjoy communicating, collaborating and competing with each other. Aims The national curriculum for PE aims to ensure that all pupils: • Are physically active for sustained periods of time. • Lead healthy, active lives			
There are different ways to use this lesson, you can either start with the slides in the classroom, or go straight to the hall/outdoor space to start the lesson. The equipment needed is minimal, you will need at least enough hoops for one per child and any other equipment the children request. The cards below are provided as an alternative to using a powerpoint which you may not want as part of a PE lesson.			
Slide 2 Talk about why people exercise and why this is important for a healthy lifestyle.			
Slides 3/4 Talk about different ways in which hoops can be used for exercise. You may wish to use the cards below at this point.			
Slide 5/6 These slides give the instructions for the activity, you can use groups of any size, but smaller groups make for better discussion. You will need an even number of groups. It is good to talk to the children about safety – make sure there is plenty of space, stop or reverse direction to prevent dizziness etc. In groups, choose three activities for your session, you can use the ones suggested, or you can invent your own. Work out how many hoops you need and whether you need any other equipment. Remember that the activity needs to be safe for everyone. Out in the playground, or in the hall set up your three activities, and make sure everyone in the group knows what to do on all three. Each group member chooses which activity they will start with, it's best to have at least 2 people on each one. Do the activity for three minutes (Ask your teacher to time you) and then change to a different one. Do three minutes on each activity. When each person in the group has done all of the activities, pair up with another group. Teach them your activities and listen while they explain theirs. Swap places with them and try each other's activities for two minutes. If you have time, you can swap again with a different group.			

Can you get the hoop to spin around your waist? You may find you can spin a larger hoop more easily than a smaller one. Once you get the hang of it, try to do other tricks.	Put your hands inside the hoop and keep them in the same position, whilst your feet move around the outside of the hoop.
Roll an upright hoop along the ground with your hand. How far can you go without the hoop falling down? Find a straight line on the playground, (or draw a chalk line) and try to follow it with the hoop. Add obstacles such as cones to slalom the hoop around.	Lay out some hoops on the ground, with each one a little further away from a throwing line than the one before. Try to get your beanbag into the first hoop. When successful, you can move onto the second hoop and so on. Score points for varying distances away from the throwing line.
Use the hoop just like a skipping rope, holding it vertically in front of your body and then flipping it down toward your feet, jumping over it and bringing it back behind your body and over your head. Try skipping both on the spot and moving around.	Put your feet inside the hoop and keep them in the same position, whilst your hands move around the outside of the hoop.