

THE CHELSEA ACTION PLAN

a health and physical education unit for Years 1-3

TEACHER NOTES

This is the second major unit for **Years 1-3** students designed to help overcome the increasing problem of obesity in many children which is often closely linked to a lack of regular moderate daily exercise. Put simply the problem can be stated as follows:

- many children do not make healthy food choices and control their intake of food
- many children do not walk and exercise as much as they should.

The Chelsea Action Plan is designed to turn the problem into two simple positive messages that young students can understand, implement and commit to:

- healthy people eat the right amount of food and make healthy food choices
- healthy people have regular exercise every day.

In this unit, we first revise the main messages about healthy food choices and then introduce our class to some interesting games that are not only fun to play, but build up a vocabulary of essential physical skills.

REVISING WHAT WE ALREADY KNOW

- It is important to remind the students of the 'What Foods Should We Eat' message from the previous Chelsea Action Plan unit (starters & strategies, Term 4, 2006, Pgs 8-9). Work through the suggested activities and make a large wall chart to list all the children know about:

- why we need food and water to grow and stay healthy
- what food we should eat lots of, eat some of, and little of.

- Download the new mini-poster Food Pyramid pdf, photocopy and distribute sufficient for the class at:

www.teachingonline.org/foodpyramid.pdf

(The second page of the pdf supplies teachers with info on each of the food types and recommended daily intake).

- Help the children identify the healthy foods to eat in each of the five sections of the pyramid. Ask students to choose their favourite food/s from each segment of the pyramid. Encourage them to share reasons why they 'really like these' foods.
- Invite a health professional (like a local dietitian) to talk to the class about the correct foods to eat and how much they should eat. Children ask questions to find out how 'their favourite' pyramid foods will help their body grow strong and healthy.



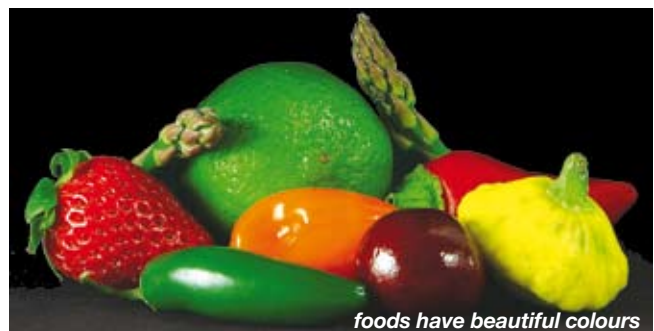
CURRICULUM: Years 1-3

- Health and Physical Education
 - personal health and physical development
 - movement concepts and motor skills
 - healthy communities and environments
- English
 - oral, written visual language



SUGGESTED INDICATIVE LEARNING INTENTIONS

- Children will be able to demonstrate a basic understanding about the role that food plays in keeping themselves healthy.
- Children will begin to recognise the role that certain food groups play in keeping us healthy and understand that they may have to make some personal changes in the food choices they make and the amount of food that they eat.
- Children will gain an understanding of the importance that regular physical exercise plays in keeping them healthy and helping them to grow.
- Children will develop new skills, enjoy new games and take part in regular daily physical exercise.



foods have beautiful colours

FUN WITH FOOD MESSAGES

- Select some of these fun activities to support the eating healthy foods message:
 - make painted paper bag masks and all take part in a healthy food fashion parade
 - search through magazines for colour pictures of food and vegetables – have every group complete a beautiful fruit and vegetable collage for the classroom wall
 - paint pictures of fruit and vegetables – cut out and glue on cardboard – add captions and display as mobiles
 - make fruit and vegetable finger puppets for a puppet play where fruit and vegetables talk about how delicious they are and why they are good for people
 - play the fruit and vegetable 'what am I' game where they give each other descriptions to guess from.

BALANCED DIET + EXERCISE = HEALTH

FOCUS ON FITNESS, FUN, AND GAMES

THE SECOND PART OF THE ACTION PLAN!



- Can the children remember the other really important thing they have to do to grow and keep healthy? Just how much good exercise do they get a day? As a class, have children share with each other the amount of really good exercise they get during a normal day. Does it add up to 30 minutes?
- Tell them that this is very easy to do – and it is also fun because they can get the exercise they need by just playing.
- What playing equipment do they have in the playground? How can they use this equipment for exercise and building up strong muscles? As a class, have them show each other how it can be used.
- List daily activities or games could they play where they are: *running, hopping, jumping, climbing, stretching, jogging ...*
- What playground games should they play that will give them plenty of exercise?
- Have each student tell the class what they plan to do at school and at home to get 30 minutes of good exercise. Have a regular weekly reporting back time for students to share their progress. Devise a wall chart to record progress and award stars for reaching the daily targets.

WHAT WAS PLAYED IN THE 'OLDEN DAYS'?



- Invite grandparents and older friends to visit your classroom (Many schools have a regular *grandparents and older friends day* when favourite books are read, meals are shared and stories of 'the old days' are told).

- Prior to the visit, ask the visitors if they would teach the children one of their favourite 'old fashioned' games that they enjoyed when they were at school. Ask them to share with the class the things about playing the games they liked the most and do they have any 'special tips' that will help the class play the games even better?
- Many grandparents/older friends may be prepared to come to school and take regular sessions of games with your class.

A REGULAR PROGRAMME OF GAMES

www.playgroundfun.org.uk



- Use this wonderful and easy-to-use website to plan and implement a regular series of playground games. Work through each section in turn to ensure a variety of games.
- Many of the games can be used to develop essential skills such as throwing, kicking, hopping, catching etc.

FURTHER IDEAS TO TRY

- Gardening is considered by many to give an excellent all-round aerobic work-out. As a class, establish a garden to plant and grow nutritious vegetables, and where general garden activities such as weeding, digging... provides great exercise. See www.coolkidsgrow.com for ideas.
- As an additional component of your programme or when the weather is wet, use the Kiwidex warm up programme at: www.sparc.org.nz
 - > select **Active Children**
 - > select **Active Schools**
 - > select **Kiwidex** and **download warm-up pdf.**
- When students are familiar with the warm-up programme choose individuals or groups lead the warm-ups.

