



Health Lesson Ideas

Encourage parents and pupils to make the walk to school a workout. Research shows that a brisk one-mile walk to school and back takes around half an hour and can burn up to 150 calories.

Ask pupils to count the number of steps or to time their walk to school.

Incorporate walking or running into PE lessons.

Have a lesson on healthy lifestyles looking at diet and physical exercise.

As a warm-up activity in PE ask the children to run, hop, skip, jump or walk in the manner of the word given: e.g. quickly, quietly, noisily, excitedly, boringly etc.

Can they mime movement in the following conditions: wind, rain, ice, mud, snow

Create a walking dance pattern based on STOP/LOOK/LISTEN/THINK/GO.