

Where and when:

Date: Thursday, 9 September 2021

Time: 11:00am

Duration: 30 minutes

Location: bbc.co.uk/livelessons

This programme is available to view from home or school, and no sign-up is required.

Simply visit the website on the day and follow the instructions on the page to watch.



Curriculum links:

Physical Education and Personal, Social, Health and Economic Education (PSHE)/Health and Wellbeing for 5-11 year-olds

Physical Education:

- Fundamental movement skills and develop an understanding of how to improve in different physical activities and sports
- Learning how to evaluate and recognise success
- Importance of warming up and cooling down when exercising

PSHE/Health and wellbeing:

- How physical activity helps us to stay healthy; and ways to be physically active everyday

Setup:

This Live Lesson will be broadcast live on the CBBC channel and BBC Teach website at 11:00am.

We will be running a live commentary page on BBC Teach during the live broadcast to reflect contributions from children watching from home and school.

How much space and equipment is needed?

The lesson can be viewed in a classroom or at home with a device (computer, tablet or mobile phone) linked to a reliable broadband connection, or watched on a television on the CBBC channel.

As we'll be asking children to get involved in physical activities throughout the lesson, it will be beneficial if children had sufficient room to do these activities.

Lesson content:

This programme covers learning objectives across:

- Key Stage 1 and 2 Physical Education and Personal, Social, Health and Economic (PSHE) curriculum for England;
- Physical Education and Health and Wellbeing in the National Curriculum for Wales;
- 1st and 2nd Level Physical Education and Health and Wellbeing in Scotland's Curriculum for Excellence; and
- Physical Education and Personal understanding and health for Key Stages 1 and 2 on the Northern Ireland Curriculum.

Warm-up exercise:

At the beginning of the programme, children will be asked to do a quick warm-up activity. The presenters will perform simple stretching exercises, focusing on different parts of the body. The emphasis will be on the importance of preparing the body for movement in order to prevent any injuries. Children will be asked to make sure they feel well before starting and ask their teacher if they are unsure about anything.

Section 1: The connection between body and mind

In this section of the programme, Olympic gold medallists the Brownlee brothers pay a surprise visit to children at a school and look at the relationship between the body and mind.

Section 2: How the body gets energy from food

In this section of the programme, scientist Greg Foot will perform an experiment, exploring how our bodies are like machines and how the food we eat determines the amount of energy produced.

The experiment will involve using chemicals and open flames, and it will be made clear to the children not to try this at school or at home.

Section 3: How many times can you do one exercise in 20 seconds?

The presenters will talk about how you can measure your own health and fitness progression by checking how many times you can do one exercise in 20 seconds, and keeping track of that over time.

Children will be asked to get involved with some simple exercises – star jumps or star arms. Our presenters will also demonstrate other simple movements that children can try out after class such as arm circles, lunges and bending to touch hands and feet.

You might want to follow up on this activity with the children after the lesson and try it each week to help them check their progress.

Section 4: Q&A and cool down

The final section of the programme will see Olympic weightlifter silver medallist Emily Campbell answering your questions and sharing about her experience in the Tokyo Olympics.

Before the programme ends, the presenters will encourage children to join in with a number of cool down stretches to highlight the importance of recovery after exercising.

Contact us:

If your child or pupils are planning on watching the Live Lesson in school or at home, let us know. Email us with your school name or names of your children to live.lessons@bbc.co.uk, or get in touch using the hashtag **#bbclivelessons** and they could be featured on our live commentary page.

We'd also love to hear about your children's favourite ways to get active, and any questions they might have for Olympian Emily Campbell. Send them in to live.lessons@bbc.co.uk, and they could be showcased on our live commentary page or the programme.

If you are sending in any images or videos that feature children, please ensure that you have parental or guardian permission, as they may be shown on our website. Please be aware that the BBC may ask you to demonstrate that you have received verifiable parental consent. In the email, please confirm your official relationship to the child/children featured, e.g. teacher, Brownie group leader, sports coach etc. and confirm that you have sought prior parental consent. Please also ensure the material is not sensitive or controversial. Read our terms and conditions at bbc.co.uk/usingthebbc for more information.