

Accordion Race Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Space to move around
- ▶ Exercise mats (optional)
- ▶ P.E kits (optional)

L.O:

- ▶ To understand some benefits of exercise on wellbeing.

STARTING ACTIVITY (5mins)

Introduce the class to Opper: Always feeling sluggish, deflated and without any bounce, Opper finds it hard to find the motivation to do anything. But if he gets himself moving, breathing deep and filling himself with fresh air he can bounce as high as the sky.

PLENARY (2mins)

GROUP DISCUSSION – Discuss with the class why after exercise and movement they might feel more energised. Explain that exercise causes the brain to release endorphins which are hormones that promote positive feelings and a feeling of energy.

MAIN TEACHING (10mins)

GROUP DISCUSSION – Take the time to speak with your children about how the Opper is feeling, why they may be feeling this way and if we have ever felt the same. Then explore how we can help them and/or ourselves.

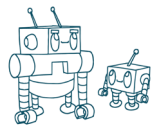
MAIN TASK - Accordion Race (15mins)

The more an accordion is squeezed and stretched the more air gets inside making lots of noise. Now it's time for you to act like an accordion:

- ▶ First take time to stretch, then ...
- ▶ crouch down like a frog...
- ▶ take a deep breath and...
- ▶ leap forward making a noise like an accordion as loud as you can!
- ▶ see who can accordion leap the farthest or get across the room in the fewest leaps.

DID YOU KNOW!

After exercise, hormones and chemicals like endorphins are released, which can promote positive feelings and also creativity. Use your new found creative energy to write a story or follow one of our literacy lessons to create your very own poetry.



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CHILDREN'S SHEET

Opper finds it hard to find the motivation to do anything. But if he gets himself moving, breathing deep and filling himself with fresh air he can bounce as high as the sky. The more an accordion is squeezed and stretched the more air gets inside making lots of noise. Now it's time for you to act like an accordion:

First take time to stretch, then...



Crouch down like a frog, take a deep breath and...



Leap forward making a noise like an accordion as loud as you can!

