

Lesson scenario " Get your parents and friends moving - partnerships the key to success "

The scenario is designed for students of class IV

Lesson objective:

1. To make parents, carers and children aware of the importance of physical education in the child's educational process.
2. To convey knowledge about the impact of physical activity on health and development.
3. To demonstrate ways that can be used to encourage children to engage in regular physical activity.
4. To explain the safety rules during exercise and physical play.
5. To support the building of positive relationships between parents and children through spending time together in physical activity.
6. To increase parents/carers' awareness of the benefits of regular physical activity and the ways in which physical activity can help their child's intellectual development.
7. To reduce the time children spend in front of screens in exchange for physical activity.

Keynote: "Teamwork is the fuel that enables ordinary people to achieve extraordinary results." - Andrew Carnegie

Friends and parents, carers, grandparents are important in physical activity. Doing sport and activity together can be a great opportunity to build relationships between people. This allows you to make new friends, broaden

your horizons and develop social skills. In addition, training together can be an additional motivation to take up regular physical activity and look after your health.

So why is it important for parents to get involved in their child's physical education?

Firstly, physical activity has many health benefits and parents are the first people who should be concerned about their child's health. By supporting their child to be physically active, parents help their child to develop healthy habits and lifestyles that will influence their health throughout their lives.

Secondly, physical activity is crucial for a child's development in many other areas, including the development of social and emotional skills. Through playing sport, children learn teamwork, communication, respect for others and develop their mental toughness.

Thirdly, parents are able to offer their children unique experiences and sensations when doing physical activity together. Spending time together on training sessions, hikes, excursions or sports games helps to build positive relationships between parents and children and provides unforgettable moments.

Finally, by getting involved in their child's physical education, parents can learn more about their child's strengths, talents and interests. They can support their child in developing his or her passions and help him or her to succeed in his or her chosen field.

Even if your parents are busy and often tired, you can convince them that engaging in sport together, even a non-intensive sport such as a daily walk, will help you to maintain or gain health and energy for life. In spite of appearances, even when we are very tired after work - a little physical effort - will tire us out for a while, but at the end of the day it will give us more energy thanks to endorphins - the hormones of happiness. Try see for yourselves whether this is true or false! 😊

In addition, if you have the opportunity, you can encourage your grandparents to take part in walks or sport. They can support you too!

Perhaps many of you think that PE is just one of the many lessons you have to complete at school, but I want to show you the benefits of physical activity and how important it is that your family and friends are involved with you.

We often hear that parents and friends are important in our lives, but have you ever wondered why?

Partnering with parents, carers and friends is crucial to the success of physical education as they support our efforts and help us achieve our goals. In this day and age, when we spend so much time in front of screens, it is important to encourage each other to be physically active and look after our health.

That's why I'm here - to help you overcome these difficulties and build a strong partnership with your parents and friends. Together we can do a lot!

Here are some ways to encourage parents and carers to get physically active with their children:

- Organise family outings for walks or bike rides - this is a great way for the whole family to spend time outdoors and get physically active.
- Suggest that parents bring their children to the gym or swimming pool - exercising together with children can be very motivating and engaging.
- Organise a sports competition for families - this is a great way to encourage competition and physical activity while creating positive bonds between families.

Can bad weather and lack of equipment get in the way of activity? I invite you to watch a video in my home gym:

<https://www.youtube.com/watch?v=ft-pnmOal40&list=PLcStggaNKOs0xrp7EHdQPj4La1-qC6wks&index=12>

The health benefits of physical activity for parents and children are invaluable. Being physically active together helps to:

- strengthen the cardiovascular system,
- improve fitness,
- reduce the risk of diseases such as obesity, diabetes and heart disease

- contributes to the wellbeing and relationship between parents and children.

It is important that activity is enjoyable and motivating for them, rather than burdensome. A few ways that can help encourage parents, carers and friends to be physically active are:

- Suggest a game that you love. Suggest games that require movement, e.g. running, jumping, doing obstacle courses, etc.
- Include friends and parents/carers in your activities - if you enjoy running, swimming or other sports, try to include your friend or parent.
- Limit time spent in front of a screen - many children spend too much time in front of the TV, computer or smartphone. Limiting this time can help increase their physical activity.

It is also worth noting that physical activity has a positive impact on our intellectual development. Regular exercise has a positive effect on the cognitive functions of the brain, such as:

- concentration
- memory
- creativity.

This allows us to do better in school, develop our interests and enjoy better mental health.

When we exercise, our brain produces oxygen and chemicals that improve brain function. Exercise improves blood circulation, which provides oxygen to the brain, and also increases hormones that improve mood and reduce stress.

Studies show that regular exercise helps to improve focus and concentration as it increases blood flow to the brain. This, in turn, improves memory, both short- and long-term, which is particularly important for students who need to remember a lot of information. In addition, regular exercise can help to increase creativity as it improves blood flow to the brain, which can improve the integration of thoughts and ideas.

What happens to our brain when we exercise?

<https://www.youtube.com/watch?v=HPgMRCliff8>

Regular physical activity is crucial for health and wellbeing. However, many people can find it difficult to motivate themselves to exercise regularly, we will outline some ways you can use to encourage your parents, carers and friends to exercise regularly.

1. Share goals and plans

Together with your family and friends, set common physical activity goals and develop a plan on how to achieve them. This will give you motivation and specific goals to achieve, which can help you to exercise regularly.

2. Reward each other

After each joint workout or physical activity, reward each other with small gifts or praise. This can help keep you motivated and keep raising the bar for yourself.

3. Find a common passion

Find a shared passion for physical activity that you enjoy and that motivates you to exercise. This could include running, cycling, dancing or swimming together.

I invite you to complete the preference test - I hope this will help you to choose a common sport.

Get to it!

Interactive test:

Here is a preference test for children and parents/carers when it comes to choosing the best sport:

1. what is the most important thing to you when you exercise?
 - a) Feeling competitive and learning new skills
 - b) Spending time together with siblings, friends and family
 - c) Improving fitness and health

2) What type of physical activity do you enjoy the most?

- a) Team games such as football, basketball or volleyball
- b) Individual sports such as running, swimming or tennis
- c) Movement games such as hula-hoop, skipping or ballet

3) What attracts you to your chosen sport?

- a) The variety and challenge of playing or exercising
- b) The opportunity to compete and win prizes
- c) The opportunity to spend time with loved ones and make new friends

4) Do you prefer regular training or informal exercise games?

- a) Regular workouts because they help me improve my skills and fitness
- b) Informal movement games because they allow me to have fun and enjoy movement
- c) I have no preference, I like both training and movement games

5. Do you prefer outdoor or indoor physical activity?

- a) Outdoors because I like the contact with nature and the variety of terrain
- b) Indoors because I feel more comfortable and safe
- c) I have no preference, I like both outdoor and indoor physical activity

Results:

If the majority of your answers are:

A - Team games such as football, basketball or volleyball may be ideal for you.

B - Individual sports, such as running, swimming or tennis, may be ideal for you.

C - Movement games such as hula-hoop, skipping or ballet may be ideal for you.