



Big Picture

Being active, moving and playing, helps us to be happy, healthy and learn better.

Make a promise - What will you do to move and play more? And why do you want to do this?



Objectives

To understand the benefits of moving and playing.

To understand the different and simple ways to be active.

To make a SMART promise to move and play more.

To have fun through movement and play!



Stickability

Learn how to use a chatterbox and take it home to play.

Introduce the game to friends, family, brothers and sisters.

Encourage family to join in, move, play and have fun!



What is JU:MP?

Join Us: Move. Play. (JU:MP) is a pilot programme that aims to help children and families in North Bradford to be more active, the focus is on improving the health and social outcomes of children aged 5-14.

77% of children in this area are not reaching their daily requirements of 60 minutes of activity a day.

Working with schools and local communities we are here to energise, inspire and support children and their families to move, play and enjoy being active for life.



SMART Promises

Promises should be SMART (Specific, Measurable, Achievable, Realistic, Time Bound). For example, I promise to ...

Swap 30 minutes of playing video games for 30 minutes of football every week.

Make up a new dance routine and teach it to all my family.

Practice skipping for 15 minutes a day.

Outcomes

What will the children know afterwards, that they didn't know before?

- Why we should be active
- How long we should be 'active' per day
- What counts as being 'active'
- How I can do more

Use across the curriculum

Science: Measuring and recording heart rates before and after movement.

PSHE: Discussing and exploring the benefits of movement to increase positive mental and physical health / wellbeing.

P.E: Discussing then enacting preferences regarding movement (independent v.s team). Where do you feel more comfortable and confident moving?

Resources

Lesson can take place inside or outside of the classroom (or a combination of both).

- Promise cards (provided)
- Flat pack chatterboxes (provided)
- Chatterbox folding instructions (provided)



Learning Episodes



1. Beginning

Learning questions:

Why is movement and play important?

How much movement and should I do per day?

What sort of movement and play can I do?

How can I do more?

2. Middle

Make a promise to move and play more and write it down on the promise cards.

Hand out the chatterboxes, write an individual promise in the blank space in the chatterbox.

Make the chatterbox and have fun playing with it.

3. End

Take a photo of all the promises together (for the JU:MP team to use for evaluation). Display the promises in school.

Tell the class that there will be a follow-up to see whether they stick to their promise!

Children take their chatterbox home to play!