

PHYSICAL ACTIVITY GUIDE



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Health Equalities Group 2019

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PHYSICAL ACTIVITY GUIDE

This guide aims to give you practical tools to help you promote the give up loving pop messages to children in your physical education (P.E) classes and outlines a number of short exercises designed to get children physically active whilst making them think about sugary drinks and their health.

The tasks are associated with specific sessions and will naturally follow their respective theory lessons but please feel free to use these in isolation to deliver the GULP messages in both sporting and other contexts.

These games have been designed to use a minimal amount of equipment, to make them as accessible to all schools as possible, however some tasks will require items such as balls, cones, hoops etc.

Additional games can be found on page 7 that can be used to supplement and expand on the teachings in both the theory and practical sessions.

By spending just a few minutes talking to the children in your session about the health harms associated with sugary drinks and the benefits of drinking water to stay hydrated, in terms of educational attainment and sporting performance, you can help children and their families to **Give Up Loving Pop!**

KS2 Session 1 – PPT Looking After Your Teeth

Activity 1: Dribbling

Progression 1

- Children run down a channel with a ball, reach the end zone and shoot into a goal
 - This represent how easy it is for sugar to attach your teeth if left unprotected.

Progression 2

- Children dribble through a set of cones with a ball before reaching the end zone and shooting into a goal
 - The increased difficulty of the task represents the effect brushing your teeth has on making it more difficult for sugar to cause tooth decay

Progression 3

- Children run down a channel with a ball, reach the end zone and try to score past the goalkeeper
 - As in progression 2, the increased difficulty represents the protective effects brushing your teeth has.

Activity 2: Stop the Rot

Progression 1

- Children are split into two equal teams: one team is called the **Toothbrush Team**, the other the **Plaque Pack**
- The **Toothbrush Team** have to turn the cones up, the **Plaque Pack** has to turn them down
 - This represents how you body is constantly fighting to protect your teeth

Progression 2

- This time split the children into unequal teams (ratio **2:1 – Plaque Pack : Toothbrush Team**) and repeat the task
- Repeat the task with a ratio of **3:1 – Plaque Pack : Toothbrush Team** Discuss with the children what made the game more difficult
 - Advise the children that the greater the number of sugary drinks they have, the harder it is for your body to protect your teeth

KS2 Session 2 - PPT Sugar Detectives

Activity 3: Traffic Lights

Discuss with the children what activities they think require: a lot of effort, some effort, little effort and assign a single activity for each of these.

Tell the children that you will now shout out the name of a sugary drink you have looked at previously.

- If the drink is **high in sugar** i.e. it has a **red label** >>> e.g. Coca-Cola, Red Bull, Lucozade; children have to perform the activity that requires a lot of effort
 - This demonstrates that you have to exercise a lot to burn off the calories in sugary drinks
- If the drink has **some sugar** in i.e. it has an **amber label** >>> e.g. some flavoured waters, low sugar juices; children have to perform the activity that required some effort
 - This represents drinks with less sugar require fewer calories to burn off
- If the drink has **little or no sugar** in it i.e. it has a **green label** >>> e.g. water, low sugar fruit juices; children have to perform an activity that requires little effort
 - Although drinks such as water do not contain sugar, it is important to exercise regularly to keep your heart, muscles and bones healthy.

Activity 4: Higher or Lower*

This game is a variation on the classic card game of the same name, but instead of predicting whether a card will be 'higher or lower' the aim of the game is to guess whether a drink has more or less sugar than the previous drink.

- Start the game by designating one side of the room as 'higher' and the other 'lower' (feel free to improvise here)
- Call out the name of a sugary drink and how much sugar it contains (see "GULP - List of Drinks" for more info)
 - Coca-Cola = 35g of sugar
- Then call out the name of a second drink and ask the children whether they think it has more (higher) or less (lower) sugar than the previous drink
 - Robinson's Fruit Shoot = 2.2g of sugar
- If the children think it has more sugar than the previous drink they should run to the 'higher' side of the room; if the children think it has less sugar than the previous drink they should run to the 'lower' side of the room

***Note:** *this game can be played with or without the use of the PowerPoint Presentation "GULP Session 2 – Higher or Lower" – feel free to improvise too by asking the children to stand if the drink is 'higher' and sit if the drink is 'lower' if you are restricted to a classroom setting.*

KS2 Session 3 - PPT Hydration + Physical Activity

Activity 5: High-dration

Progression 1

- Ask the children to stand feet shoulder-width apart, arms by their sides and to try to jump as high as they can – they are not allowed to use their arms to jump
 - This represent how difficult sport and exercise can be if we are not hydrated

Progression 2

- Ask the children to repeat the jump, this time using their arms to drive themselves upwards
 - The increase in jump height represents improved performance when maintaining hydration

Discuss with the children which jump was easier, better, higher etc. and why.

Activity 6: Tropical Twist*

Sugary drinks manufacturers use fancy names to make their products more attractive – such as “Tropical Twist”. But water is the best drink for hydration.

Progression 1

- Split children into groups and challenge them to shoot into a goal or hoop / throw bean bag at a target one at a time, but with a twist – before doing so they must be spun around three times
 - The activity is intended to imitate the effects of dehydration, which can affect your decision making, balance and coordination.

Progression 2

- No spinning this time. Challenge the children to repeat the task, changing the distance / size of the target to increase difficulty if necessary
 - The task should be much easier second-time around and represents improved performance when hydrated
 - Increasing the difficulty will also demonstrate what they can achieve if they try

***Note:** as children will be spinning around, make sure that each group has enough space to complete the task without bumping into one another.

KS2 Additional Games

Activity 7: Sugar Cubes

- Split the children into three groups of approximately ten children with each child representing one sugar cube
- Teacher to call out the name of a sugary drink and children have to decide in their groups how many sugar cubes are in that drink
- Once they have decided, the children have to run to the other side of the play area to 'fill the bottle' with sugar.

Activity 8: Rethink your drink

- Split the children into pairs and give each pair a ball / bean bag
- Children are to throw the ball to one another under arm under their own steam
- Teacher will periodically call out the name of various drinks
- If the children think the drink is low in sugar (**amber** or **green** label on the "GULP – List of Drinks") they should continue with the task
- If the children think the drink is high in sugar (**red** label on the "GULP – List of Drinks") they should put the ball on the ground and run around the perimeter of the play area until the teacher calls out the name of a low sugar drink again, at which point they have to find a new partner.

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