

# LESSON PLAN

## PE - THE GREAT AFRICAN WELLY WALK



**Length of lesson:** 50 minutes. Welly walk may be completed over several lessons or lunchtimes.

### Lesson objectives:

To recognise that simple activities such as walking help to keep us healthy.

To recognise the effects exercise have on our bodies.

### Lesson outcomes:

**All** students will understand that walking is an important type of exercise.

**Most** students will be able to identify how their bodies feel before and after exercise.

**Some** students will be able to write a welly walk diary entry.

### National curriculum link:

To take part in outdoor and adventurous activity challenges both individually and within a team.

### Starter:

Ask children to think about how their bodies feel before exercise. Do they feel rested, relaxed or tired etc.?

### Warm up:

Explain the importance of warming up before exercise. We warm up to stretch our muscles and get our blood pumping to give us the energy for the exercise. Play the 'farmer and the lion' warm up game: Nominate one to three children to become 'farmers' and one to three children to become 'lions'. The other children will be the farmers' goats. When a goat is tagged by the lion, they are to roll on their back and "Maa" to get a farmer's attention. The farmer must then roll the goat over and allow them to carry on with the game. The lions and farmers have 1min – 2mins to play the game. You could keep score by counting how many goats the lions get and how many the farmers save. Announce a winning team at the end.

Safety aspects: Ensure the children are careful when rolling other children over.

### Whole class teaching:

Before the lesson your class or school will have decided how far they will be walking during 'The Great African Welly Walk'. Emphasise to children the importance of safety, especially if the walk is taking place off school premises. Tell children to be aware of how their bodies feel during exercise, especially if they have to walk faster or uphill. You could try to plan the walk to include different paces or elevation.

### Independent work/crossover with English:

Ask students to complete their welly walk diary, identifying how they felt before and after exercise. Lower ability children could fill in the blanks. Higher ability children could write full sentences.

### Plenary:

Discuss the welly walk. Did the children enjoy it? How do they feel after exercise? Tired, happy, 'achey'? How much further did they think they could have walked?

# THE GREAT african welly walk

Today we took part in:  
The Great African Welly Walk.

Before we exercised I felt:

- 
- 
- 

During the walk we walked .....  
miles, all the way from .....  
to .....

During the walk I felt:

- 
- 
- 

My favourite part of the walk  
was .....  
.....

After the walk I felt:

- 
- 
- 

We raised £..... and we're helping African farmers  
with the Great African Welly Walk!

**Name:** .....

**THE GREAT**  
**african**  
**welly**  
**walk**

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