

# Healthy Exercise

Please try me out!  
I am big and round.  
You put me round your waist.  
I give you healthy exercise.



## Role Play Activity

# Healthy Exercise

This activity was first developed for Year 2s in Sneinton in Nottingham. The idea is based on the character card games we devised for older pupils. Children 'became' the exercise objects and introduced themselves in role. The pictures could be used without the word prompts or you or your children could devise more sophisticated texts. Please make more and send them to us.

Webaddress:

<http://www.collaborativelearning.org/healthyexercise.pdf>

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**Basic principles behind our talk  
for learning activities:**

**Oracy in practice!  
Oracy in context!**

Build on prior knowledge.  
Move from concrete to abstract.  
Ensure everyone works with  
everyone else.  
Extend social language into  
curriculum language.  
Provide motivating ways to go over  
the same knowledge more than  
once.

**If you can't talk it through  
with others, you won't  
be able to write about it  
confidently!**

Items to encourage  
exercise are:

a bicycle  
trainers  
weights  
a hula hoop  
juggling balls  
a tennis/soft ball  
a football  
roller skates  
armbands  
a climbing frame  
a dog  
a swing

COLLABORATIVE LEARNING PROJECT

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We support a network of teaching professionals to develop and disseminate  
accessible talk-for-learning activities in all subject areas and for all ages.

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**Collaborative Learning = Oracy in Curriculum Context  
makes challenging curriculum accessible.  
improves social relations in the classroom.  
provides scaffolding for exploratory talk.**

## Healthy Exercise - Simple Instructions

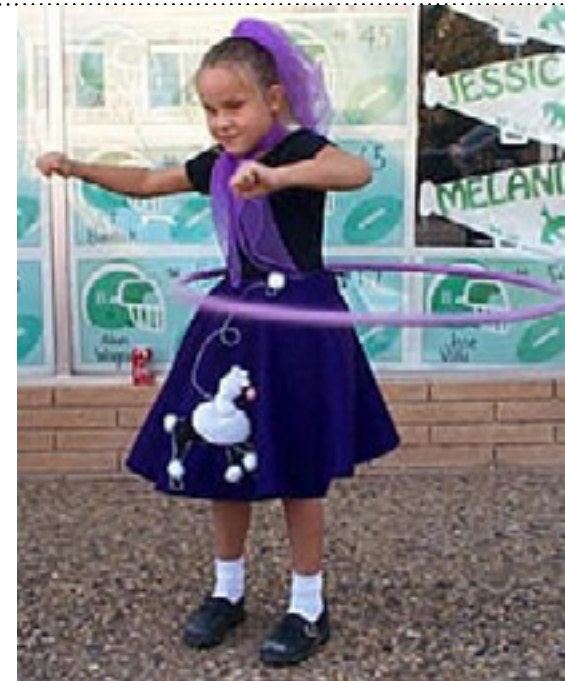
Easy peasy! Read about a character or thing. Add what you know already or can find out - share with others and/or make notes if you want.

Then **without looking at any text** present yourself in role to someone else personally or zoomily. It's important it comes from your head and not from a page!

Please try me out!  
I keep your feet in good  
shape.  
I help you to run.  
I give you healthy exercise.



Please try me out!  
I am big and round.  
You put me round your waist.  
I give you healthy exercise.





Please try me out!  
I live in the park.  
I am made of metal.  
You can climb on me.  
I give you healthy exercise.

Please try me out!  
I live in the park.  
You sit on me.  
You swing your legs.  
I give you healthy exercise.



Please try me out!  
I have two wheels.  
I can go very fast.  
I give you healthy exercise.

Please try me out!  
I am very heavy.  
I make your arms strong.  
I give you healthy exercise.



Please try us out!  
We are soft and small.  
Try to keep three of us in the  
air.  
We give you healthy exercise.



Please try me out!  
I am round and quite big.  
Try to dribble me.  
Try to kick me into goal.  
I give you healthy exercise.



Please try us out!  
I have little wheels.  
I can make you go very fast.  
I give you healthy exercise.

Please try me out!  
I am round and soft.  
Throw me to your friends.  
Try to catch me.  
I give you healthy exercise.



X 2





Please try me out!  
I have four legs.  
I love to run and walk with  
you.  
I give you healthy exercise.



Please try us out!  
We are bright orange.  
We fit on your arms.  
We help you to float.  
We give you healthy exercise.



