

Running, skipping, hopping and stepping, it's all about active bodies



# Fizzy's Stupendous Steppers

## Science and PE Objectives

- Explore, make, record and compare observations and measurements [Sci]
- Investigate how performance improves with practice [PE]

## The Big Questions

- Does my body perform better with practice?
- How active am I?

Lesson	Summary
<b>1 Step on it!</b>	Investigate the efficiency of different kinds of step. Record and compare results. Think about a 'fair test'.
<b>2 Quality time</b>	Investigate their reaction times. Explore how they can improve their reaction times with practice. Continue to think about a 'fair test'.
<b>3 Stepping out</b>	Develop an understanding of how to estimate footsteps. Compare their results with those of others, and with their estimates.
<b>Box and website resources</b>	<p>For this unit you will need to:</p> <p><i>Look in the box for:</i> The Fizzy puppet Pace Perfect Pedometers Tip Top Timers</p> <p><i>Look on the website for:</i> The PowerPoints Super Speedy Interactive Game Colour editable print-outs of all the Pupil Sheets, Home Cards and Reward Cards.</p>

## Science Background

Part of this unit focuses on developing children's reaction times. This is the time the body takes to initiate a muscular response to an external stimulus (e.g. responding to the pistol at the start of a race). Reaction time is largely genetic, but there are some factors that we can control.

Warming the body up beforehand increases both mental alertness and body temperature. This helps the mind to focus on anticipating the stimulus, and prepares the sensory organs and nervous system to transmit and act upon information. Practice can also result in faster and more consistent reaction times, as the muscles become accustomed to performing the movements required to react.

## Health and Safety

Identify areas in the school where it is safe for the children to be physically active and carry out your normal PE risk assessment. Ensure that children warm up before and cool down after they do any exercise.

## Passing the Baton – Sports Heroes

The children could challenge other classes to research their favourite sports people and to create a poster about their training and achievements. These could make up a whole-school display or be put on the door of each classroom.