



Show Time



What's It About?

Physical activity is fun. This section aims to remind your pupils what has been learnt and to show their peer group what the **Al Haraka Baraka** programme is all about.

By demonstrating to others the positive experiences they have had, we hope to seed interest in physical activity which can start to grow amongst the entire school. The message is simple; by making some easy modifications to your daily routine, you can start to become fitter and healthier.

What You Will Need

- Access to the **Al Haraka Baraka** website or CD
- Copy of the **Al Haraka Baraka** poem
- Copies of the **Al Haraka Baraka 10 Ways to a More Active Life Guide** - copy for each pupil.
- Camera, preferably digital

What Your Pupils Need

- Copies of the poem and guide



Teaching Aims

- To convey that being active should be part of your everyday life.
- To promote social skills.
- To show that physical activity is a means of establishing friends and sharing important information with them.
- Children learn about everyday activities to make their life more active.
- All of the children involved will be exposed to the **Al Haraka Baraka** CD and the website.



Teacher's Background

To be successful, you will need to ask your colleagues to organise their class to attend a special activity session your class has prepared.





Teaching Activities

PART 1 Be active!

Get your class to put on a show about a typical day - get them to play out various roles and have their friends guess what they are doing. Each example should focus on one of the principal aspects of physical activity they have learnt. Examples could include:

Running to catch the school bus

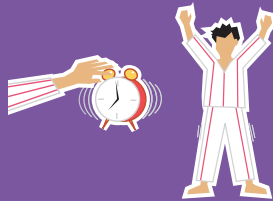
Lifting things to put in your school bag

Stretching your body when you wake in the morning, reach out far to turn off the alarm clock

Walking into school

Climbing the steps to your classroom

Check your heart rate



After each role play, ask the other children what they are miming about and where these actions might take place.

Then have your class recite a poem to their friends about why physical activity is a good thing.

20 minutes

PART 2 Knowledge

Get your class to ask their friends to tell them why they think physical activity is good.

Tell them about 10 easy ways to become more active.








10 minutes



PART 3






Ways to be active**Spread ideas**

-  Handing out the **10 Ways to a More Active Life Guide** and going through it!
-  Reminding them to enroll in the **Al Haraka Baraka** programme and open their own virtual activity journal.
-  Encourage them to join a sports team or try out a new activity.
-  Giving them advice on how to get their family moving.
-  Get them to think about organising a big activity day for the entire school - a sponsored walk to raise money for a new computer or a charity could be a good idea.

 **5 minutes**

PART 4

What we learnt?**Repeat the main issues of the 4 units:**

-  Physical activity is good for everybody.
-  Physical inactivity has serious consequences.
-  Being fit means having stamina, strength, flexibility and the ability to coordinate your body.
-  Remind your pupils to have a look at their completed Worksheets.
-  Encourage them to pursue their goals and remember the **Al Haraka Baraka** poem.

Finally, take photographs of your class's show and post or email them to Al Haraka Baraka - we'll put the best pictures onto the website and send your class a special certificate of appreciation.

 **5 minutes**




The Al Haraka Baraka Poem

Let's play, let's play,
Stay active till the end of the day.
Walk, jump and enjoy a good run,
A healthy life will make school seem fun.
With practice and training every day,
You'll begin to feel good and keep illness at bay.
To grow healthy and strong is the right thing to do,
So that others will follow and feel just like you.
To prepare for your future with vigor and zest,
Always striving to do your best.
And keep this commitment towards your health,
For you will be blessed with inner wealth.
An active life will guarantee,
A healthy life for you and me

10 Ways to a More Active Life

- 1) Start your day with some stretching, such as touching your toes, stretching your arms, neck and legs
- 2) Make a habit of walking or cycling to:
 - see friends
 - go to school
 - go to the shops
 - go to the mosque
- 3) Use stairs instead of lifts, if you already use stairs, take 2 steps at a time
- 4) Limit television / video games to 1 hour per day. Use spare time to have fun and play with your family and friends.
- 5) Plan fun activities at the weekend with your family, such as walking around the park or along the beach (Corniche), splashing about at the pool or flying a kite.
- 6) Everyday you should exercise for 30 minutes a day. This can include activities such as cycling, brisk walking, basketball, swimming and skipping.
- 7) Get involved in physical activities around the home like gardening, washing the car by hand, house cleaning, taking the rubbish out, collecting and carrying groceries.
- 8) Get active while your watching the TV such as touching your toes, doing squats, star jumps etc.
- 9) Walk around and do some stretches as you talk on the telephone.
- 10) Get enough Zzzzz's, everyone needs to get at least 8 hours rest a night to recharge for the next day.





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