

Session Title:

Wellbeing, Pets and Me –
PE follow up activity/outside learning



Hop,
dig and
binky

Duration:

45 minutes

Aim:

To recognise that exercise and movement is essential to the wellbeing of people and pets

Learning objectives:

- 1 Learners can express different feelings through movement
- 2 Learners can demonstrate different ways that animals move when feeling a variety of emotions
- 3 Learners can recognise that animals can show how they are feeling through their body language

Key vocabulary:

Wellbeing
Body language
Movement

Curriculum references:

Relationships and Health Education

- The benefits of physical exercise on mental wellbeing and happiness

Physical Education

- Learners discover how to use their skills in different ways and to link them to make actions and sequences of movement.
- Learners should enjoy communicating, collaborating and competing with each other.
- Learners are physically active for sustained periods of time

**Pet Education
Partnership**

Time	Activity	Instructions	Resources
10 minutes	Starter/ Warm up	<p>Ask the learners to find a space and make sure they won't bump into anyone around them.</p> <p>Give the learners 30 seconds to show you how they would show the following emotions through movement:</p> <ol style="list-style-type: none"> 1. Happy 2. Sad 3. Angry 4. Excited 5. Scared <p>Encourage movement for the full 30 seconds.</p> <p>Ask the learners how it is possible to tell how someone is feeling without telling them with words.</p> <p>Encourage learners to define what is meant by body language.</p>	None
30 minutes	Move like an animal	<p>Ask learners how our pets can communicate how they're feeling through their body language. E.g. tail wagging</p> <p>Prior to the learning session, place the animal cards around the room at different stations i.e. a corner for the cat cards, a different corner for the dog cards, etc.</p> <p>Put the learners into small groups and rotate the groups around the different stations (a few mins at each).</p>	<p>Printed animal cards</p> <p>Optional: skipping ropes and floor mats</p>

Time	Activity	Instructions	Resources
		<p>At each station, the learners will be asked to act like an animal in different scenarios and show how the animal is feeling through the way they move/their body language. Each movement should take around a minute to complete.</p> <p>Once the learners have completed all of the cards, ask them to act out other animal movements that they can think of. They could work in pairs, groups or as a class and guess what animal the learner is imitating.</p>	
5 minutes	Plenary	<p>Ask the learners why it is important to listen to each other's body language (including pets).</p> <p>It is important that we know how others are feeling so we can recognise when they're not feeling their best and help them to feel better. Animals can show us that they're not feeling well or that they want to be left alone, and it's important that we know how to understand what they are telling us and respect their wishes.</p> <p>We've learned a few tips today, but it's important to understand other areas too such as ear and tail movement, as these can change the meaning of an action.</p> <p>To learn more, check out our cat and canine body language resources on the PEP website.</p>	None

