



Fizzy's Brilliant Bodies

Science and PE Objectives

- Be able to name parts of the body [Sci]
- Make discoveries by exploration and investigation [Sci]
- Begin to understand that our bodies can improve with practice [PE]

The Big Questions

- How is my body special?
- How can I improve what my body can do?

Lesson	Summary
1 Dizzy doesn't get it!	Meet Fizzy and understand that she wants the children to find out more about their bodies. Name different body parts.
2 All the same and all different	Begin to recognise the similarities and differences between our bodies.
3 Fizzy's Brilliant Balancers	Begin to explore different ways of balancing. Improve their balancing skills with practice.
Box and Website Resources	<p>For this unit you will need to:</p> <p><i>Look in the box for:</i> The Fizzy puppet Brilliant Balancing Floor Tape Tip Top Timers Body Challenge Cards.</p> <p><i>Look on the website for:</i> The PowerPoints Brilliant Bodies 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 balancing skills. Balance is controlled by our vision and our proprioceptors. These are sensory receptors on the nerve endings in muscles, tendons, joints and the inner ear that tell you where you are in relation to the space around you. If you can close your eyes and touch your eyes, nose or feet without looking, your proprioceptors are working!

Many injured athletes use proprioceptor training in order to regain their sense of balance. Whenever you learn a new skill or sport, your proprioceptors need time to become familiar with the movements you make. By asking the children to practise balancing in different ways, you are helping them to develop their proprioceptors.

Passing the Baton - School Assembly

At the end of this Unit, ask the children to introduce Fizzy in a school assembly. Encourage them to demonstrate some of their balancing feats and to tell the other classes all about what they have learned about their bodies.

Health and Safety

When asking children to balance, check that the floor and surrounding area are clear, and carry out your normal PE risk assessment.

Children with visual or hearing impairments, dyspraxia or other similar conditions, may find balancing difficult.

Some children may be allergic to the adhesive on the floor tape, so please ensure that the tape is only handled by an adult.