



Let's Get Physical!

Lesson plan

Aim

To help young people to learn about why our bodies act the way that they do, and why it is important to look after our bodies with regular exercise. We'll highlight the job roles that are linked to sporty science.

Mapping

CES 'I Can' Statements	CMS Themes
<ul style="list-style-type: none"> ★ I can discuss the relevance of skills to the wider world and make connections between skills and the world of work ★ I can demonstrate and apply the skills I have learnt across the curriculum in relation to the world of work 	<ul style="list-style-type: none"> ★ Horizons

Learning Outcomes

Young people will:

- ★ Learn about the heart, how it works and what your heartbeat means.
- ★ Try different exercises and see how they affect their body.
- ★ Learn about careers in healthcare

Activity on next page...



Instructions

Before you start

- ★ Print off or have on screen, the accompanying worksheet
- ★ Watch this video about [how the heart works](#) (1). This will help you to learn more about the heart before you do some of the exercises.
- ★ Make sure you have enough space (either inside or out) to do some exercise

Follow-up

They can find about related apprenticeships on [Apprenticeships.scot](#)

[Doctor](#) (2), [Nurse](#) (3), [Fitness Instructor](#) (4), [Physiotherapist](#) (5)

Foundation Apprenticeships – [Social Services and Healthcare](#) (6),
[Social Services: Children and Young People](#) (7), [Scientific Technologies](#) (8)

Modern Apprenticeships – [Social Services and Healthcare](#) (9)

Graduate Apprenticeships – [Early Learning and Childcare](#) (10)

Website references

1. How to Feel Your Heartbeat <https://bit.ly/2zSfYrQ>
2. Doctor <https://bit.ly/36rj6qR>
3. Nurse <https://bit.ly/3gGPk68>
4. Fitness Instructor <https://bit.ly/2AoyvvY>
5. Physiotherapist <https://bit.ly/36SRbA3>
6. Social Services and Healthcare Foundation Apprenticeship <https://bit.ly/2XSsfEG>
7. Social Services: Children and Young People Foundation Apprenticeship <https://bit.ly/2BIXYGU>
8. Scientific Technologies Foundation Apprenticeship <https://bit.ly/2ZZNIUn>
9. Social Services and Healthcare Modern Apprenticeship <https://bit.ly/3gIFgcM>
10. Early Learning and Childcare Graduate Apprenticeship <https://bit.ly/2ZVtWUt>