



GO EXPLORE... HEALTHY LIVING



WHY WILL TREE TOP JUNIORS DEVELOP PUPILS' KNOWLEDGE AND UNDERSTANDING OF HEALTHY LIVING?

Pupils' adrenaline will rush at the sight of our new Tree Top adventure. Use our exciting trail to help children understand more about the importance of a healthy lifestyle.

GO BITESIZE

- Why does your heart need to beat faster during exercise?
- Model the circulatory system using drama.
- Research the importance of a balanced diet – do gorillas eat a balanced diet?
- Research and discuss drugs which affect the body. For example, tobacco and alcohol are harmful, whilst others can be used as medicines.
- Children develop an enquiry to measure pulse rates, recovery rates and breathing rates for example: How does the type of activity affect your body?
- Compare how heart rate changes on an adventurous activity to a PE lesson.
- Use pulse rate meters on site.



GO PROJECT

You are going to help Go Ape recruit new instructors by designing a Go Ape Instructor's fitness test. Think about how they will prove their fitness and what tests they will have to do. Consider; pulse rates, breathing rates and recovery rates and typical dietary intake measurements of potential Go Ape employees. Challenge the children to take their own test – Who has the healthiest lifestyle and is fit enough to be an instructor? What advice would you give those who you think wouldn't pass the test?

**YOU
ACED IT!**