

Lesson: Music for Exercise		Comic: Comic 1
Overview of Key Skills Teamwork Creativity		Cross-curricular links Science PSHE
Learning Objectives:	<ul style="list-style-type: none"> ● To discover all in the ways in which music can contribute to health and wellbeing ● To learn about the different medical applications of music and how it can help people. ● To compose a piece of music based on a physical exercise. 	
Key Teaching Points / Research Opportunities	<ul style="list-style-type: none"> ● Students will learn be learning about the ways in which music contributes to health and wellbeing in its many forms including both physical and mental health. ● Students will be introduced to the ways in which music can be used in physical health by first considering music for exercise. ● Students will consider the styles of music that people and businesses often use in conjunction with exercise and as a class we will examine the musical characteristic of this music. ● As dance music with a reasonably high number of BPM (beats per minute) is often used, students will be questioned on the reasons behind this and question the possible benefits and drawbacks ● Students will listen to music from exercise videos and make judgements on the styles and rigour of exercise that they think fit the music ● Students will complete a composition activity on the instruments of their choice linked with a specific exercise and will need to tailor their music to suit the exercise they have been assigned. For example, if given 'running on a treadmill' as their exercise, then the music is likely to be reasonably fast, regular, and perhaps repetitive, whereas a student assigned 'running outside' the music may change speed, have more peaks and troughs in terms of pitch and may not be as repetitive. ● Students will listen to an evaluate each others compositions and will guess the exercise that their peers have been assigned. 	
Independent Work	<ul style="list-style-type: none"> ● Students will consider music and mental health and list the 3 ways in which music can have an impact on mental and how music can be used to support wellbeing. 	
Plenary	<ul style="list-style-type: none"> ● Students will perform their compositions for the class ● Students will assess the work of their peers by listening to and evaluating their compositions. 	
Resources, including ICT	Computers, speakers, percussion, keyboards, guitars	
Key Questions	How can music help you to look after your mental health? What are the ways in which music can be used to aid in physical exercise?	
Vocabulary	BPM, exercise, wellbeing, mental health, tempo, regular	

Success Criteria	Successful completion of the lesson objective in line with each individual's ability.
Assessment Opportunities	Teacher assessment of compositions and the final performance. Peer assessment of compositions and performance to the class.