



Photo: Joe Wicks.

Who is Joe Wicks?

- Joe Wicks is known by many as 'The Body Coach.'
- He has books and fitness programs designed to help adults get fit and healthy.

Investigate



Find out from Joe Wicks why it is important to exercise regularly. You could use this resource to get some of his top tips!

Joe Wicks Top Tips: Why We Need to Exercise Powerpoint KS2

Explore



What do you know about the BBC's Children in Need?

Using the Internet, research into its history. See if you can answer these questions:

When did it start?

Who started it?

How is the money raised used?

Once you have found the answers to these questions, create a fact file about the history of the BBC Children in Need.

Reflect and Discuss



Can you think of a challenge that you could do to help raise money for BBC Children in Need?

Mind map ways in which you could raise money.

Once you have decided what challenge you could attempt, see if you can find people to sponsor your own special challenge.

Then, arrange a date and see if you can complete your challenge. Good luck!