What is In the Zone?

It’s about every school and every child
This In the Zone box of science resources, containing everything you need to teach amazing science lessons, has been sent out to every Primary school in the UK. It is part of the Wellcome Trust’s In the Zone initiative, which is inspired by the London 2012 Olympic and Paralympic Games, and has been awarded the London 2012 Inspire Mark.

The major elements of the In the Zone initiative include:

• Free science investigation kits for all Primary and Secondary schools in the UK, bringing the science of the human body to life in the classroom.
• A touring exhibition, engaging people of all ages with the science of our incredible human body, in relation to sport and movement. The In the Zone exhibition will tour the UK, go to www.getinthezone.org.uk for tour dates.

In the Zone is part of Get Set+, the official London 2012 education programme run by the London Organising Committee of the Olympic Games (LOCOG).

Why ‘In the Zone’?

“To be a top sportsperson you need to be ‘in the zone’ both mentally and physically. When I competed at the Olympics, I had a huge team around me, including top scientists who helped me to understand how I could perform to be the very best that I could be. This In the Zone kit has been designed to inspire children to get in the zone and find out more about how their bodies work. I hope you enjoy using it in your school.”

In the Zone is endorsed by Sir Steve Redgrave CBE, five times Olympic Gold Medallist

What’s in the Box?

The Primary In the Zone box contains:

1 Teaching Guide
1 Curriculum Guide
16 Body Challenge Cards
1 Fizzy Puppet
10 Pace Perfect Pedometers
5 Meticulous Measuring Tapes
3 Stupendous Stethoscopes
3 Tip Top Timers
Brilliant Balancing Floor Tape
Stethoscope Germ Busters

If any of the equipment in the box is missing or faulty, please contact Pearson Customer Services on 0845 313 6666 or email inthezone@pearson.com.

What’s on the Web?

For more information about In the Zone, exciting online activities, comics, interactive games and editable copies of all the teaching resources, go to: www.getinthezone.org.uk
Introducing Fizzy and Dizzy

Fizzy Cole and her trusty friend, Dizzy the Stopwatch Dog, appear throughout the Primary resources. They are on a mission to help children get in the zone and do their best. Fizzy and Dizzy travel the world, investigating how the human body works during sport and activity. Fizzy uses her special scientific equipment to discover what goes on inside our bodies, while Dizzy asks all sorts of searching questions.

Now, Fizzy and Dizzy have arrived in your school, with loads of great investigations for inquisitive young minds to get involved with. In the units for younger children, Fizzy is a puppet who sets challenges and helps children explain what their bodies can do. For the older children, Fizzy and Dizzy set tasks and exciting class investigations.

2012 is over – what do I do with this box now?

You could use it as a delightful doorstop, a glorious shelf warmer or a beautiful book bag holder – but that won’t be much fun. Sport, and children’s interest in what their bodies can do, won’t stop when the London 2012 Olympic and Paralympic Games end, so please keep using this box with your pupils. If you need to download extra paper-based resources or PowerPoints, or if you just want to use the interactive games, the website will continue to be available long after the lights in the Olympic Stadium have gone out. Have fun!

The Investigations

There are four units in the Primary In the Zone kit. They are designed to deliver curriculum objectives for both Science and PE.

Each of the following units consists of 3 lessons:

- **Brilliant Bodies** (ages 4–5)
  Investigate balance and find out about different parts of the body.

- **Stupendous Steppers** (ages 5–7)
  Explore how quick off the mark you are, and how many steps you take to do different activities.

- **Super Athletes** (ages 7–9)
  Discover whether having longer legs helps you to jump further.

- **Heart Beaters** (ages 9–11)
  Find out the effect exercise has on your body, and what affects recovery.