

PSHE

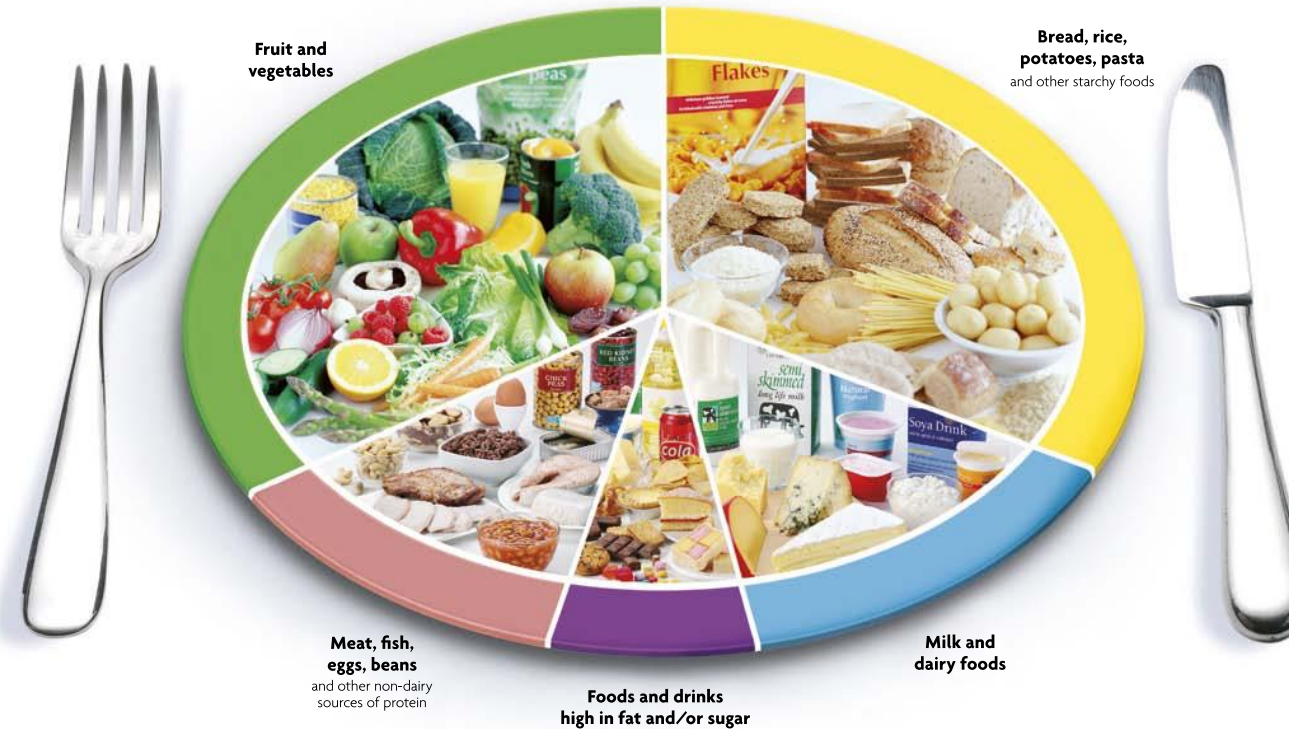
SP2 Lesson 2 - 5.3.21

This term we are learning about leading a healthy life!

Let's recap some ideas from last week...

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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1. Eating a balanced diet (Eat Well Plate): we all need to make sure we eat foods that are good for us. Concentrate on easy-to-remember messages like 5 a day, and that foods high in fat/salt/ sugar are not good for our bodies.



2. Sleep: for children aged 5-6 years old, most will need about 11 hours' sleep. Explain why we need sleep and how it helps our bodies rest and recover.



3. Exercise: all children need to do at least 1 hour of physical activity every day. Explore with the children about how they could make up their hour (minimum).



4. Keeping clean: make sure children know that they should wash their hands after they have been to the toilet and before they eat; cough into their elbow, sneeze into a tissue, etc.



5. Drinking water: our bodies love water and need to keep hydrated (not thirsty) so that they work properly.

Children identify as many healthy choices as they can. Draw or write around the picture all their healthy choices. Take feedback from the children about their healthy choices.

Choose an outline...



Plenary

Do the Healthy Balance Sum from the previous Piece. Ask if anyone remembers the actions from last time. Act this out with the children several times together, and then ask them to do it without instructions from the teacher. See if the children can do the actions faster each time...

Plenary

Act out these words using the table...

Say this:	Do this:
Eating	Act eating
And	Make + sign with hands
Drinking	Act drinking
A Balanced Diet	Act like you are balancing on something small or narrow
And	Make + sign with hands
Being Active	Run really fast on the spot
And	Make + sign with hands
Sleeping well	Act like you are asleep peacefully
And	Make + sign with hands
Keeping Clean	Act like you are washing your hands
Equals	Make = sign with flat hands
Being Healthy	Jump in the air!

