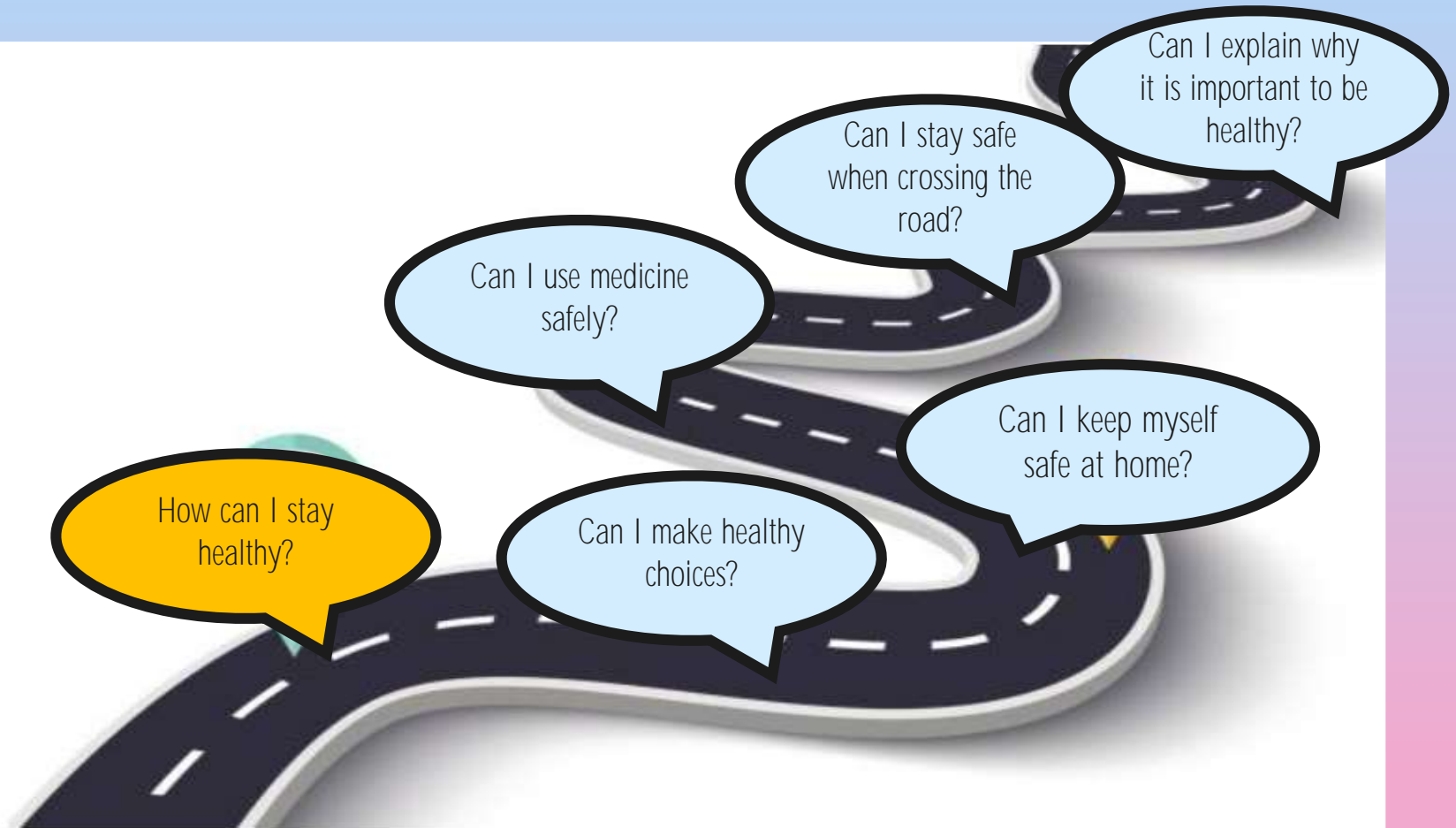




PSHE

Week 1

PSHE learning journey



Monday 19th February 2024



L.Q. How can I stay healthy?

Steps to success



- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.
- I feel good about myself when I make healthy choices.

Calm me



Ring the chime . Stay silent so you
can hear the chime.

What thing that makes you happy
will you think of?

L.Q. How can I stay healthy?

This half term we will learn how to stay healthy.



Let's play: "What is healthy?"

- Eating lots of chocolate
- Wearing lots of sun cream
- Eating fruit
- Sitting down all day
- Playing outside
- Eating 5 packets of crisps a day
- Eating vegetables
- Drinking fizzy drinks
- Washing hands after going to the toilet
- Eating lots of sweets
- Getting enough sleep every night

Healthy	Unhealthy

Can you think of more things that are healthy/ unhealthy?

Monday 19th February 2024

L.Q. How can I stay healthy?

Sing the song, 'If you're healthy and you know it'



Eat some fruit (mime munching on an apple and say, "Crunch, crunch")

Get some sleep (mime sleeping and snore loudly)

Walk to school (walk on the spot and make puffing noises)

Wash your hands (mime washing your hands and say, "Scrub, scrub")

Drink some water (mime drinking and say, "Glug, glug")

Do all five (mime all of the above and make the noises at the appropriate times)

TP: If you're healthy, how do you feel?

Let's discuss

How could you keep yourself healthy?

What sort of things would you do?

Should everyone do lots of exercise, or is it only some people?

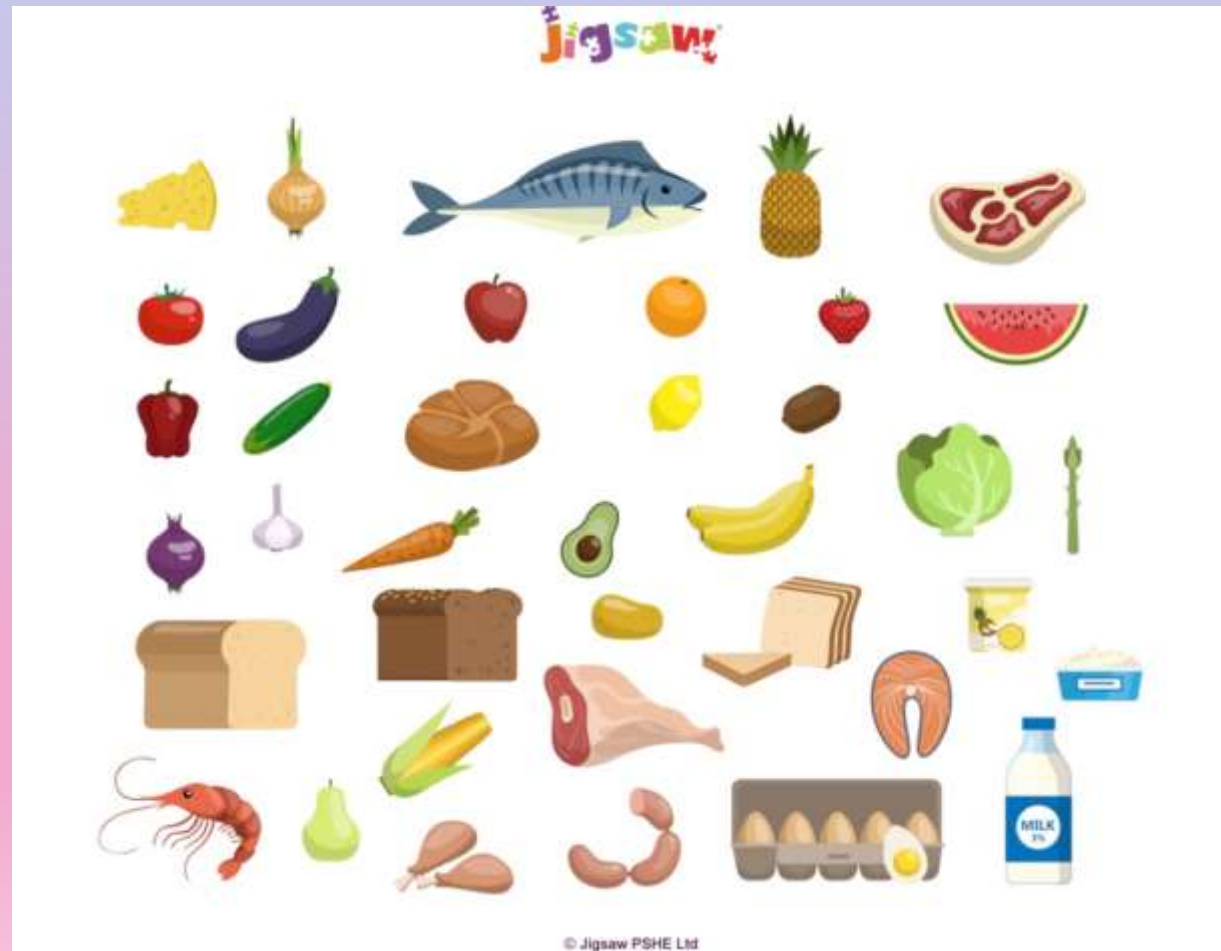
Why should you wash your hands after using the toilet?

L.Q. How can I stay healthy?

We can stay healthy by:

Eating a balanced diet.

We all need to eat foods that are good for us.



We can stay healthy by:

Sleeping well

For children aged 5-6 years old, most will need about 11 hours' sleep.

We need sleep as sleep helps our bodies rest and recover.



L.Q. How can I stay healthy?

Monday 19th February 2024

We can stay healthy by:

Exercising

All children need to do at least 1 hour of physical activity every day.

Jigsaw



L.Q. How can I stay healthy?

We can stay healthy by:

Keeping clean.

We need to wash our hands after we have been to the toilet and before we eat.

We should cough into their elbow, sneeze into a tissue, etc.



L.Q. How can I stay healthy?

We can stay healthy by:

Drinking water

Our bodies love water and need to keep hydrated (not thirsty) so that they work properly.



Self Assessment

Do you understand how to stay healthy?



L.Q. How can I stay healthy?

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Task



Draw a list of healthy things and a list of unhealthy things.

Healthy



Unhealthy



Self Assessment

Do you understand what you have to do?

