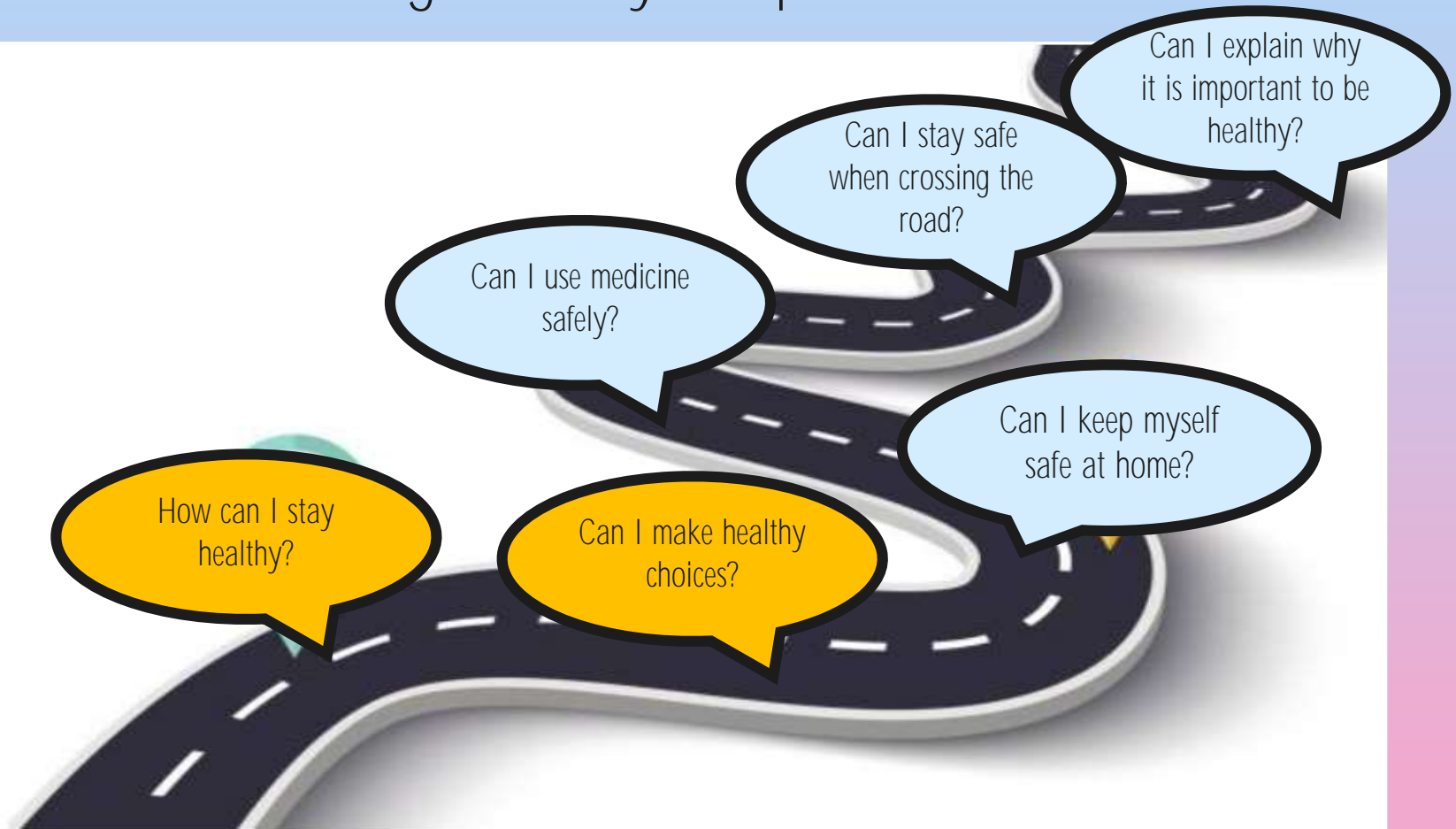




PSHE

Week 2

Our PSHE Learning Journey- Maps





L.Q. Can I make healthy choices?

Steps to success



- I know how to make healthy lifestyle choices.
- I feel good about myself when I make healthy choices.

L.Q. Can I make healthy choices?



Star words



Healthy



Unhealthy



Balanced



Exercise



Sleep



Choices



L.Q. Can 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. Can I make healthy choices?



Can you give me a thumbs up if you hear a healthy choice and a thumbs down for unhealthy choices??

Healthy	Unhealthy

- *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*

L.Q. Can I make healthy choices?

Can you tell Jigsaw Jack how to make healthy choices?



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

Healthy	Unhealthy
	
	

L.Q. Can I make healthy choices?

Let's discuss



What healthy choices do you make?

How do you feel if you make a healthy choice?

How could children your age make healthy choices?

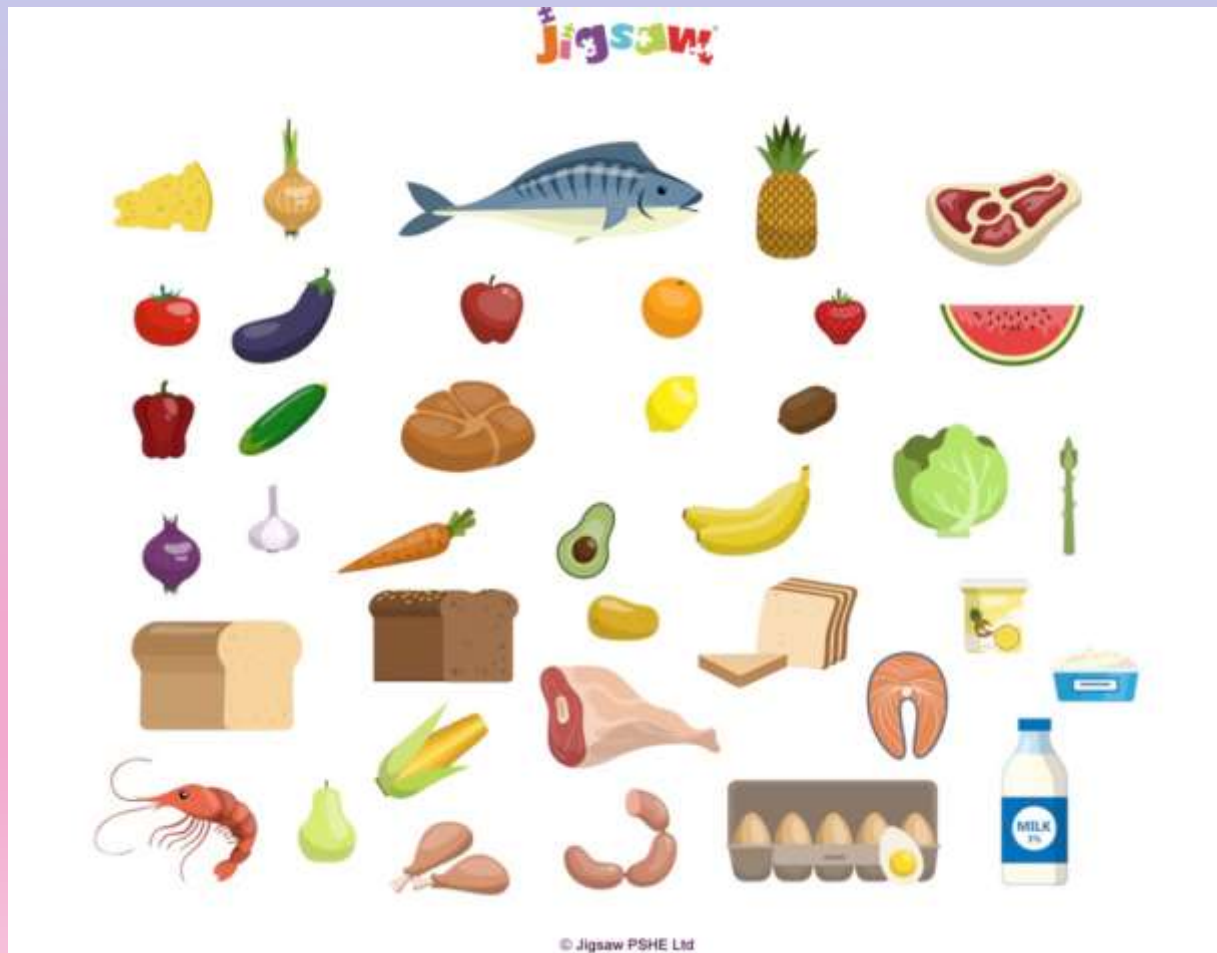
How does a healthy child feel?

Does anyone remember the actions for the Healthy Balance Sum?

L.Q. Can I make healthy choices?

We can stay healthy by:
Eating a balanced diet.

TP: Why is it a good choice to eat healthy food?
What would happen if we ate unhealthy food?



L.Q. Can I make healthy choices?

We can stay healthy by:
Sleeping well

TP: Why is it a good choice to sleep well?
What would happen if we didn't sleep enough?



L.Q. Can I make healthy choices?

We can stay healthy by:

Exercising

TP: Why is it a good choice to exercise?

What would happen if we don't exercise enough?

Jigsaw!



L.Q. Can I make healthy choices?

We can stay healthy by:
Keeping clean.

TP: Why is it a good choice to keep clean?

What would happen if we didn't wash our hand often?



L.Q. Can I make healthy choices?

We can stay healthy by:
Drinking water

TP: Why is it a good choice to drink lots of water?

What would happen if we didn't drink enough water?



L.Q. *Can I make healthy choices?*



Task

In pairs, children identify as many healthy choices as they can.
Give each pair a template of a child and ask them to draw or write around the picture all their healthy choices.