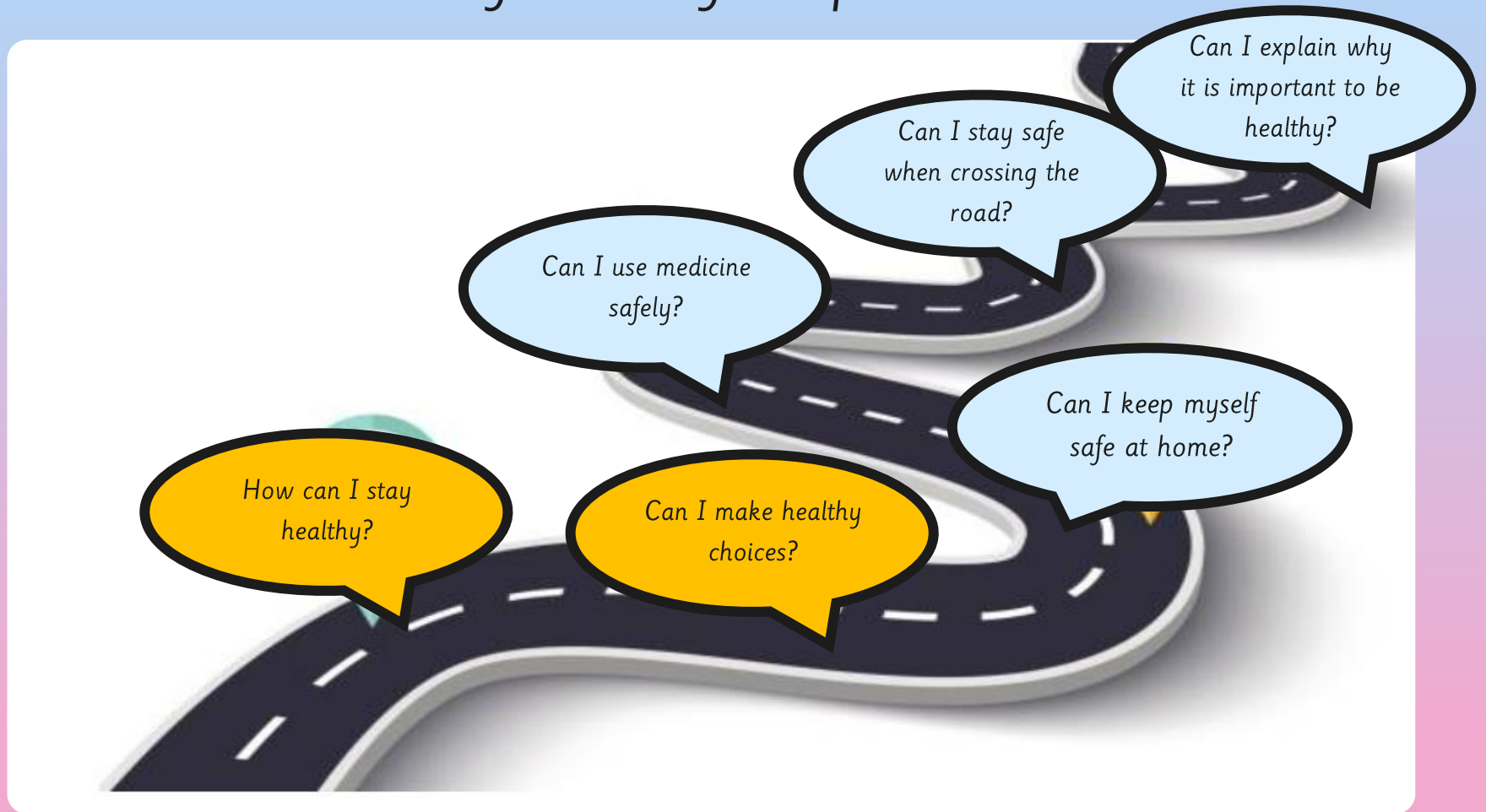




# *PSHE*

*Week 3*

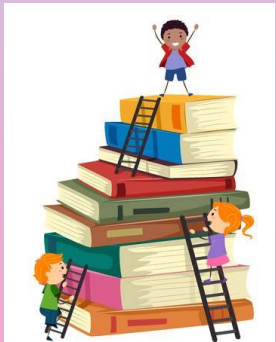
# Our PSHE Learning Journey- Maps





## *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



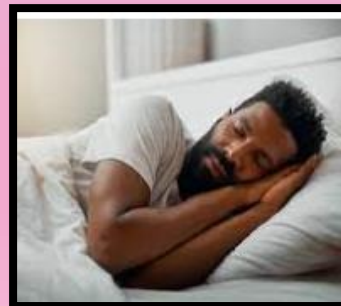
Balanced



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?

Tuesday 10th March 2026



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?

Tuesday 10th March 2026

Can you tell Jigsaw Jack how to make healthy choices?



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

Healthy	Unhealthy
 	 

## *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?*

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?

Tuesday 10th March 2026

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?*



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L.Q. Can I make healthy choices?

Tuesday 10th March 2026

We can stay healthy by:  
**Exercising**

*TP: Why is it a good choice to exercise?  
What would happen if we don't exercise  
enough?*



L.Q. Can I make healthy choices?

Tuesday 10th March 2026

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?

Tuesday 10th March 2026

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?*



## 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.

