

P.S.H.E

Cookridge Holy Trinity

Church of England (VA) Primary School



24.02.21

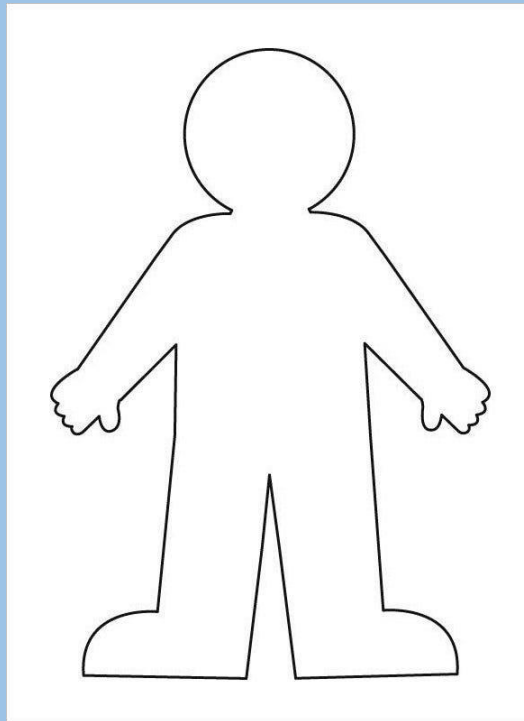
Rules

- To be kind and supportive of each other
- To laugh with, but not at each other
 - To listen by looking at each other and not interrupting
 - To respect other peoples views and feelings
 - It's ok to say pass or not join in
 - It isn't a secret but what we discuss should stay in class it shouldn't be shared with younger children.



This half term we will be learning all about...

What we put into and onto our bodies



Today we are going to be thinking about making healthy choices

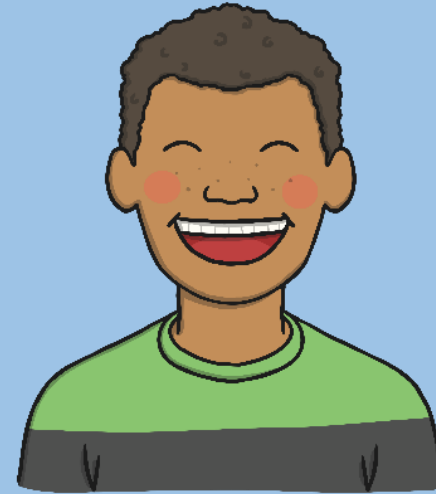
Learning objective: Pupils learn about what can go into bodies and how it can make people feel

Learning outcomes:

- Pupils are able recognise that different things that go into bodies can make people feel good or not so good
- Pupils can identify whether a substance might be harmful to take in

There are many different ways to stay healthy.
Some of these are:

- Exercising often
- Eating healthily
- Having a happy attitude



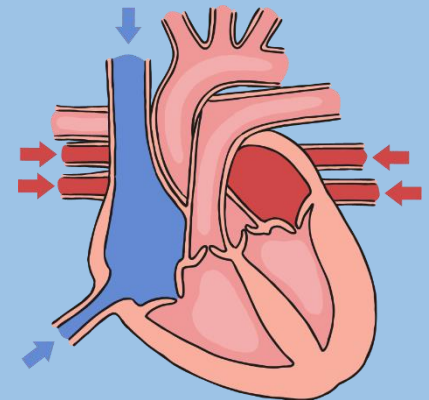
Why do you think being healthy is important?

Exercising is fun

Doing exercise often will help us all feel great and keep our bodies strong!

Our hearts need to be kept active and pumping.

Exercise also burns fat.



Here are a few easy ways to stay active:



walking



dancing



playing games

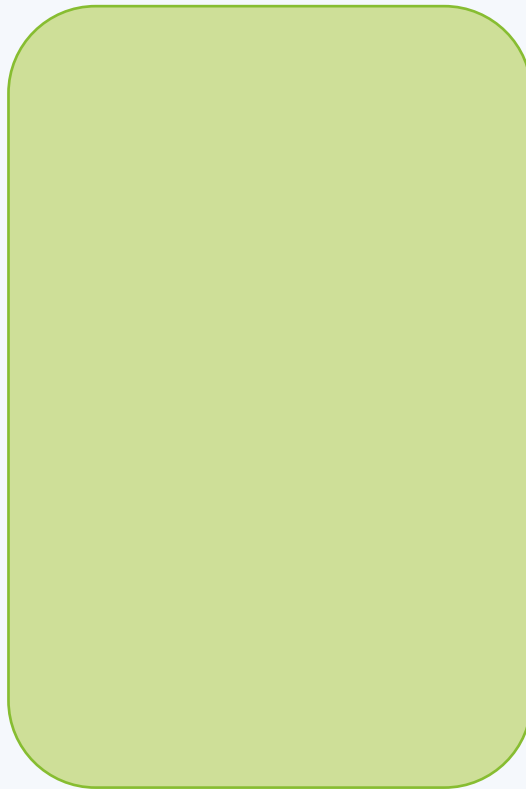
Can you think of any more?

Look at the activities below.

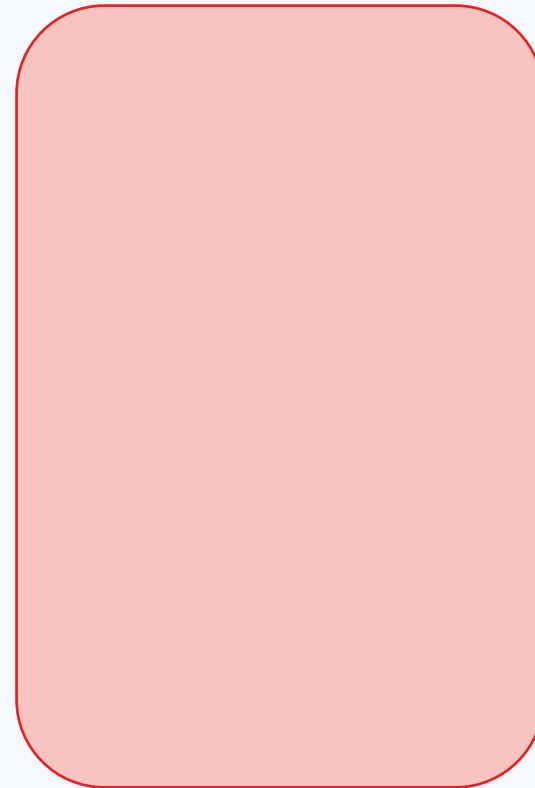
Decide whether each activity is healthy or unhealthy.

Use the sheets on the website to cut and stick the activities in the table

Healthy

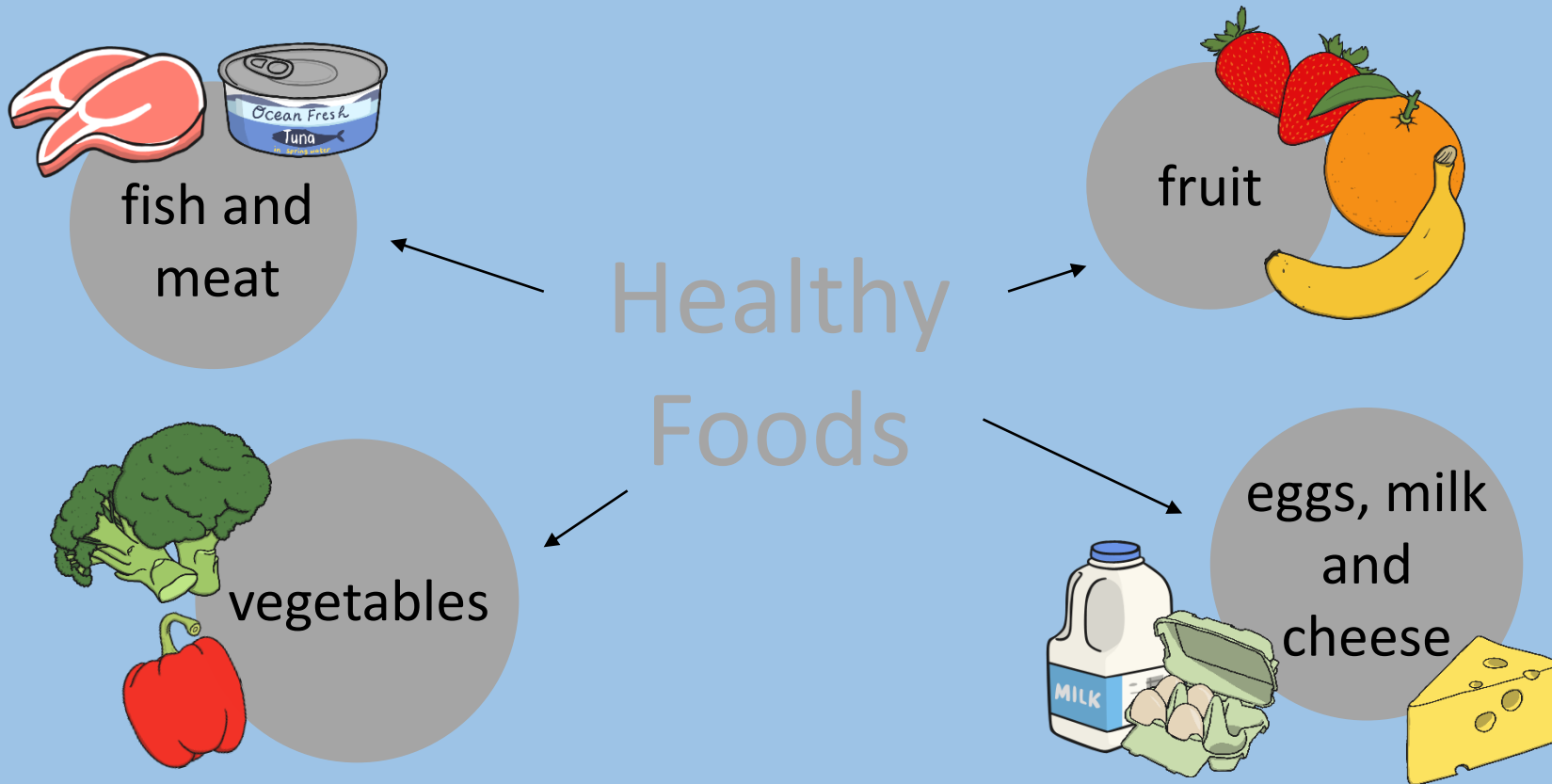


Unhealthy

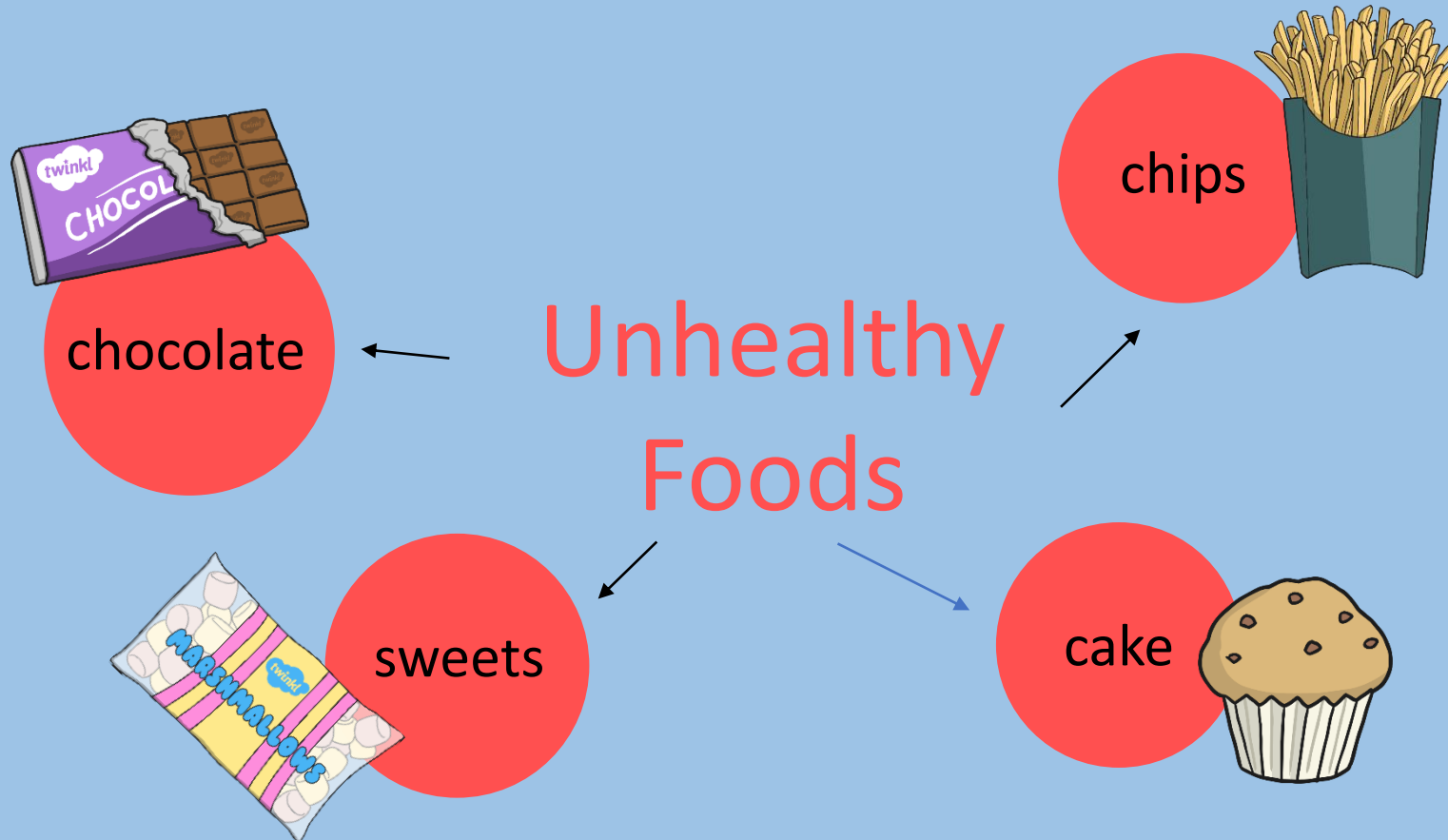


Healthy Eating

Here are some healthy foods. We should aim to eat at least 5 portions of fruit and vegetables every day.



It is perfectly fine to eat a little bit of unhealthy food. However, eating too much unhealthy food can make us overweight and not feel good.

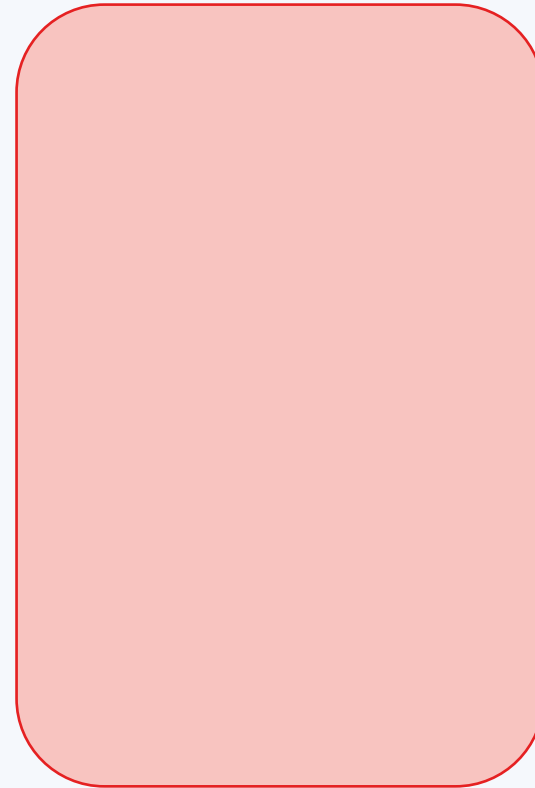


Look at the food below.
Decide whether each piece is healthy or unhealthy.
Use the sheets on the website to cut and stick the foods in the table

Healthy



Unhealthy



Can you think of any unhealthy things that people do?

Did you know that eating well and exercising also prevents us from becoming ill.

Remember!

Healthy



If something is unhealthy, it doesn't mean you can't have it anymore. Some unhealthy foods and activities can be fine in moderation.

Unhealthy

