Year 1 PSHE

Week 1, Spring 2

I know what keeps me healthy.

Please view slides using 'present' mode.

Have a look at these pictures. Which ones show something healthy and which show unhealthy choices?

A healthy choice looks after our body and our minds. It helps us stay happy and well.

An unhealthy choice is a choice that doesn't look after our body.

These things are all fine in small amounts but if we do them all the time they can become unhealthy.

Click the link below to watch a video and find out more about staying healthy. There is also a quiz at the bottom of the webpage that you can do to check your learning.

https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p

What do humans need to stay healthy?

What do humans need to stay healthy? Quiz

Test your knowledge of how humans stay healthy with this quiz.

Play

Can you remember what we need to stay healthy?

Healthy foods including lots of fruit and vegetables

Good hygiene

Getting enough sleep

Fresh air and exercise

Plenty of water

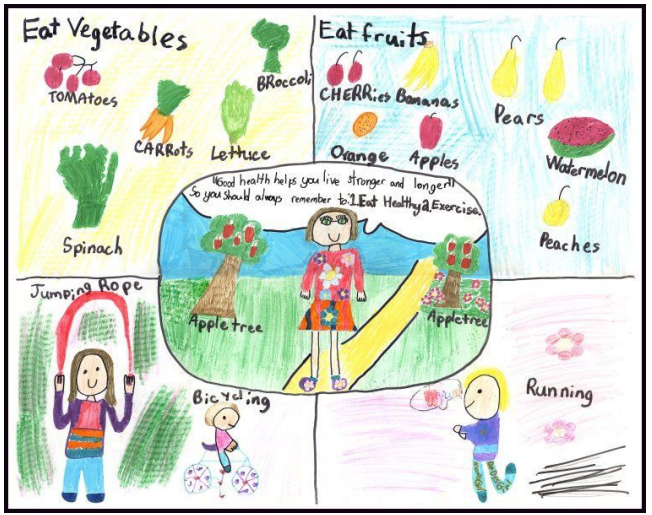
Activity

Choice 1

Print out the healthy habitats tracker from google classroom (or make your own) and see how many you achieve each day! Perhaps everyone in the family can join in.

Choice 2

Draw a poster that reminds people to make healthy choices.

My Healthy Habits Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I washed my hands.							
I brushed my teeth.							
I ate healthy food.							
I did some excercise.							
I bathed.							
I got plenty of rest.							
I drank 8 glasses of water.