

Keeping Myself Healthy (KS1)

Introduction:

This lesson is written for use with young children, to introduce them to basic ideas of healthy lifestyles. The main aim is to get them to think about simple, achievable things they can do to look after themselves to keep healthy. It also introduces the idea that they can take some personal responsibility for their own bodies, something drug education can build on later.

Lesson Length:

30 minutes

National Curriculum:

Pupils should know:

Physical Health and Fitness

- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.

Healthy Eating

- what constitutes a healthy diet.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).

Lesson Plan:

AIM	To introduce to KS1 ways they can look after their body and keep it healthy.		
LEARNING OUTCOMES	By the end of the lesson, pupils will begin to learn: 1. What the body needs to be healthy 2. What a healthy lifestyle is 3. What an unhealthy lifestyle is They will also have thought about how they might start to look after their own health, where they can.		
Time	Activity	Resources	LO
	Introduction: Start by explaining that you want to think about how we look after ourselves and keep healthy. Make sure that they understand what 'healthy' means.		2

5	Ask the pupils to tell you what kinds of things are good for keeping them healthy. It doesn't matter what they say at this point. If possible, write up what they are saying. (It may be possible to group them for the next exercise, but it doesn't matter if you can't.)	Whiteboard COVID-Secure - As above Online - Share whiteboard	1, 2
10	Do the ' Guess the Healthy Action ' activity. You will see in the activity outline that you can use each to discuss healthy lifestyles more if you want to – and you could also ask them to think about which of the ideas they had earlier match each action. For example, if they said, 'eat vegetables' then it would match 'healthy diet'.	Maltesers/grapes/balloons (or similar) Cups of water (or child's water bottle) Pieces of fruit COVID-Secure - Use the pictures showing the healthy action instead (provided). Online - Use the slides provided and share your screen.	1, 2
10	Now use the ' Healthy Lifestyle Story ' to further examine these ideas.	Healthy Lifestyle Story	1, 2, 3
	Conclusion. (If you have time, finish by getting the class to shout out (!) healthy and unhealthy foods.)		1, 2, 3

Hints and Tips:

N/A

Extension Activities:

Healthy Kebabs (not suitable for online or COVID-secure lessons)

Body Song

The Healthy Shop (song)