

Living a Healthy Lifestyle (KS2)

Introduction:

This session is designed to get pupils thinking about practical things they can do to look after their physical and mental health. The aim is for them to have some ideas they can take away and actually use in their lives, so your discussions need to be as realistic and practical as possible.

Lesson Length:

45 minutes (can take longer as some activities allow for further discussion)

National Curriculum:

Pupils should know about:

Mental Wellbeing

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.

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.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.

Lesson Plan:

AIM	To help pupils consider ways to look after their own physical and mental health.		
LEARNING OUTCOMES	By the end of the session pupils will: <ol style="list-style-type: none"> 1. Have discussed healthy and unhealthy lifestyles. 2. Begin to understand what a healthy diet might look like. 3. Have thought about all the different ways people can exercise. 4. Have considered what things they can do to help make them feel happy. 5. Have chosen three things they can do to have a healthy lifestyle. 		
Time	Activity	Resources	LO
	Introduction		
10	Use the Healthy/Unhealthy Person activity to discuss what kinds of things help us to be healthy.	Healthy/Unhealthy Person handout Writing tools COVID-Secure - As above Online - Pupils need paper and something to write with.	1

10-15	Now you can look deeper at individual elements – to start with, use the Balanced Diet activity to talk about a healthy diet.	Balanced Diet Plate, pretend food or food pictures. COVID-Secure - Pictures or PowerPoint provided. Online - PowerPoint provided	2
5-10	Ask the group to call out different ways they can get exercise. Allow them to call out anything relevant, but then once you have your list of ideas, ask the pupils to think about ones they can actually do – and like to do. (So, they might have put ‘running a marathon’ on the list, but that might not be an everyday activity – whereas ‘walk to school’ could be!)		3
10	Use the Five Things I Like activity to encourage your pupils to think about things they can do that make themselves feel happy.	Five Things I Like handout COVID-Secure - As above Online - Pupils need paper and something to write with.	4
5	Conclusion: End the lesson by asking each pupil to think about three things – one from each section – that they can do to keep themselves healthy. (A healthy food they can eat, an exercise they can do, a thing they like to do). If time, you could get them to share their ideas, or make a note to remind themselves.		5

Hints and Tips:

It is important to make sure each pupil’s ideas are valued, and that all finish the session having things they can do to improve their own health/keep healthy. So, for example, walking to school only works for some families(!), what other things could a child do to exercise, within the limitations of what their family situation might allow.

Extension Activities:

Balanced Diet Plate.