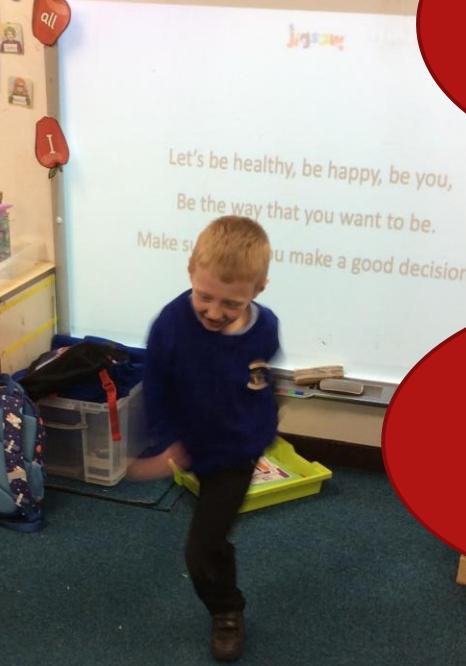




PSHE Healthy Me

SPRING 2 2023

I understand that I need to exercise to keep my body healthy



I think that
is
gymnastics.

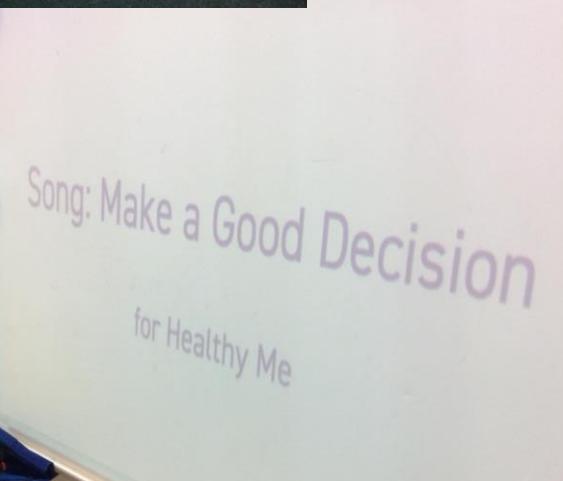


When we do
these sports
we breathe
faster.



My favourite
sport is
swimming.

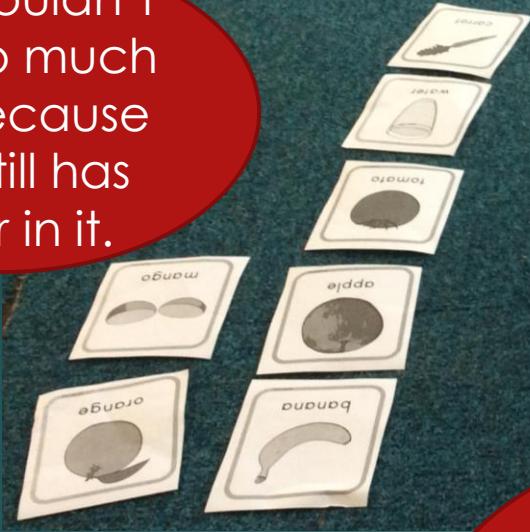
When we
exercise our
heart beats faster
and we sweat.



We talked about how we can keep our bodies healthy and suggestions were made such as eat apples, carrots and to drink water. Someone then said PE! We then acted out some sports and everyone had to guess what they were.

I know which foods are healthy and not so healthy and can make healthy eating choices.

You shouldn't eat too much fruit because that still has sugar in it.



You shouldn't eat a donut and chip and burger sandwich, the doughnut has lots of sugar in it.



I remember that exercise is good for my body to keep me healthy.



Fizzy drinks should be for a special occasion, they aren't good for your teeth.

I know how to help myself go to sleep and understand why sleep is good for me.



I go to bed at six. I go to bed at seven.

I get angry and sad when I don't have sleep.

Before bed I.. Have a glass of milk, I put my pyjamas on.. I go to see my mum for a cuddle. I brush my teeth. I give my Peter Rabbit teddy a cuddle. I read a story with my mummy.



I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.

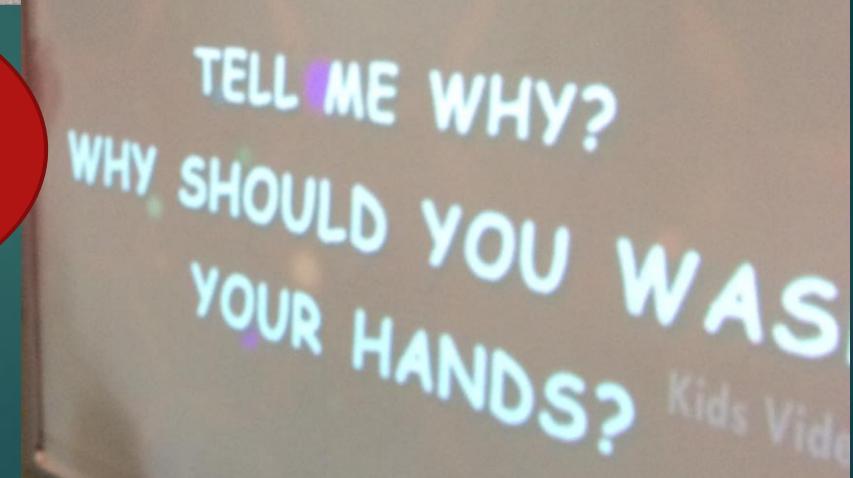


You should wash your hands before you eat because of germs.

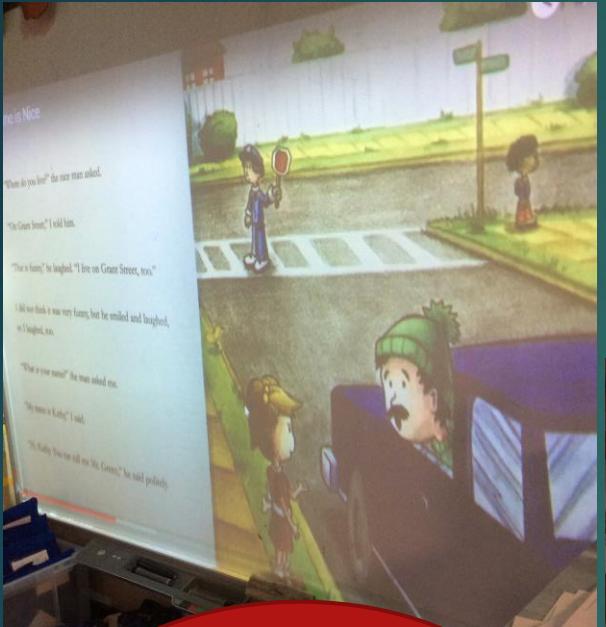
Germs will make your tummy poorly. You will get sick.



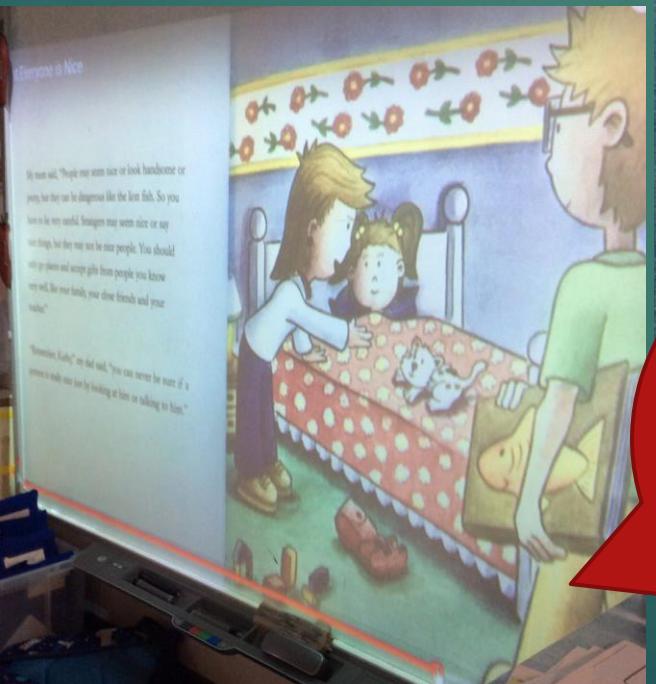
You can't eat that, it's covered in mud!



I know what a stranger is and how to stay safe if a stranger approaches me.



She should turn around and run away and tell a grown up.



I know my family and my friends. They are not strangers.



Someone thought a stranger was someone in black and white clothes.. But we discussed how a stranger just looks like a normal person.

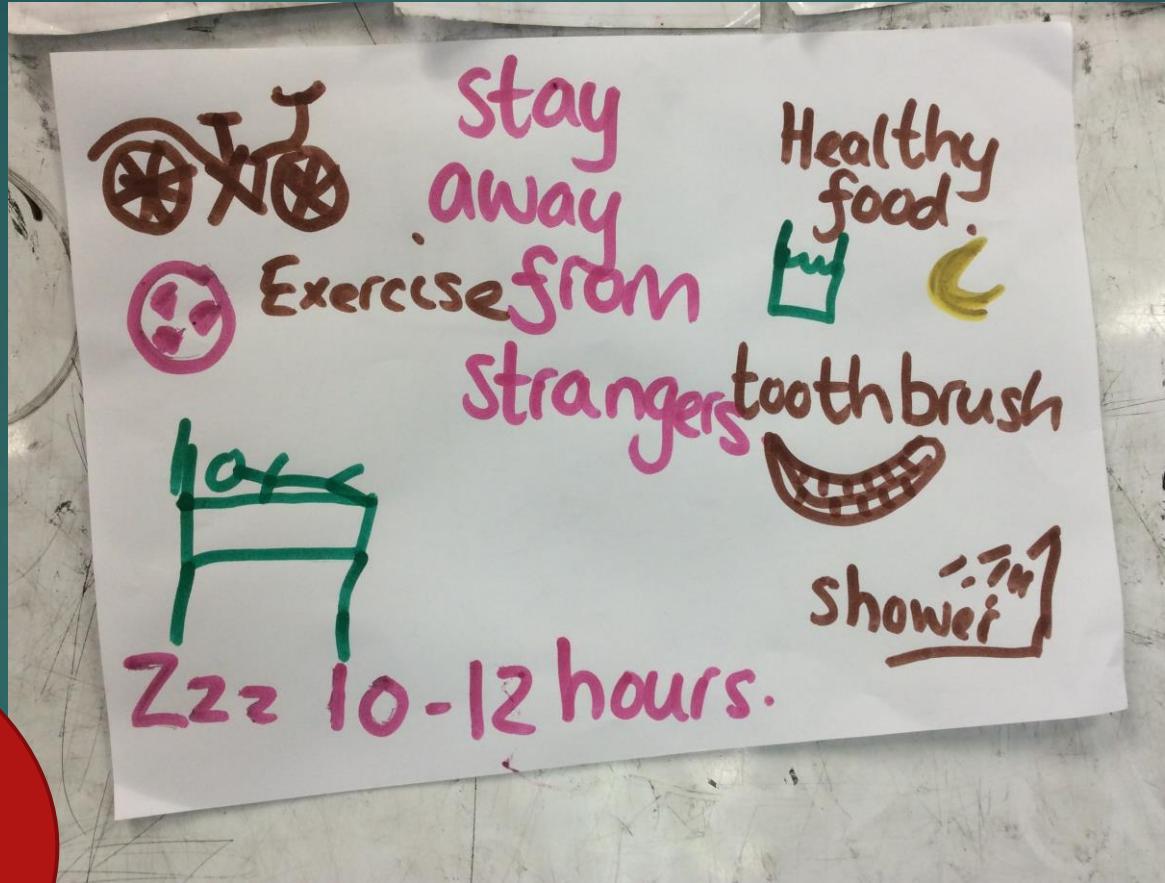


You should never ever talk to a stranger.

Can we remember ways to stay healthy?

You should eat healthy foods like fruit and only pizza sometimes.

If a stranger tries to give you sweets, you should say no and go and tell someone like your mum or dad.



We should brush our teeth two times a day and make sure we wash our hands before eating and after using the toilet.

You must not tell a stranger your name or where you live.