

Class Tamar

PSHE

Spring 2 2022

Healthy Me

Monday 28th February

1- Being Fit and Healthy

How can we stay active?

Go on a walk

Go

Go

What you are doing

Walk to school not driving

Going on a dog walk

Jump rope

When we go home today

We all do up for a week every day by using the bike for a week

Going to swimming lessons or going to a swimming pool

Walking

Play football

Running

We all do up for a week every day by using the bike for a week

We all do up for a week every day by using the bike for a week

Go on a walk

Take your dog for more walks

Do jumping jacks

How can you make sure your heart and lungs get stronger?

What type of exercise will help you get fitter?

Exercise that gets your heart beating fast helps us get fitter. I like doing Joe Wicks workouts!

Monday 7th March

2 - Being Fit and Healthy

What happens to our bodies when we exercise? What happens to our heart and lungs?



When you run
your heart pumps
faster and your
lungs take in more
oxygen so you
can keep going.

When you run
your heart and
lungs work harder
to give you
energy.



We tested our own
fitness on the playground!
After that, we made our
own fitness goals.

The harder your heart and
lungs work the stronger you
get! Just like other muscles.

Tuesday 15th March

3 - What do I know about drugs?

Unsure

Scared

upset

frightened

unsafe

worried.

Can drugs ever be good for you?

Yes, some drugs can be good for you, like painkillers, but you must take them properly.

Yes, some drugs can be good for you, like antibiotics, but you must take them properly.

Yes, some drugs can be good for you, like insulin, but you must take them properly.

Yes, some drugs can be good for you, like vaccines, but you must take them properly.

Yes, some drugs can be good for you, like antidepressants, but you must take them properly.

Yes, some drugs can be good for you, like chemotherapy, but you must take them properly.

Yes, some drugs can be good for you, like surgery, but you must take them properly.

Yes, some drugs can be good for you, like organ transplants, but you must take them properly.

Some drugs from the doctor can be good for you but there are drugs that are bad and illegal.

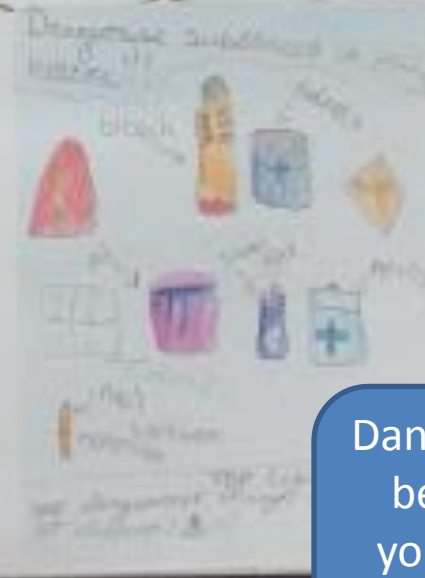
Tuesday 22nd March

4- Being safe at home.

Can medicines be harmful as well as helpful?
How do you know if something is safe or harmful?



What harmful substance are stored in your house?
How can you stay safe around these?

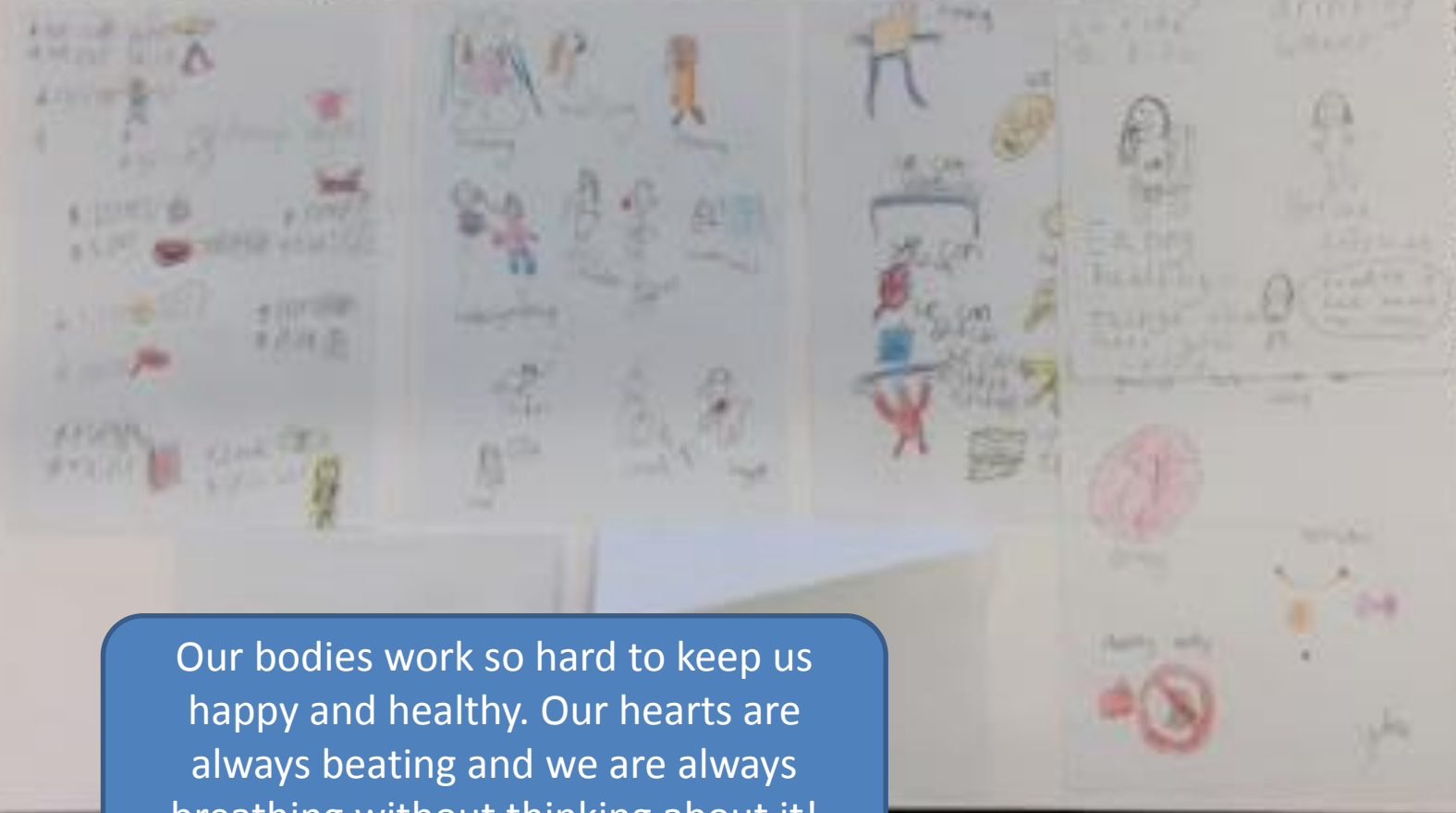


Dangerous substances should be kept away from where young children can reach it just in case they try to drink it!

Tuesday 6th April

5 - My Amazing Body

What amazing things can our bodies do?



Our bodies work so hard to keep us happy and healthy. Our hearts are always beating and we are always breathing without thinking about it!

How can we take care of our bodies?

Why is it important to take care of our bodies?
What would happen if we didn't?

If we don't take care of our bodies then this could make us feel poorly.

Exercise and eating well makes us healthy but it also keeps our brains happy too.