

PSHE - Healthy Me

Spring 2

Class Plym 2024

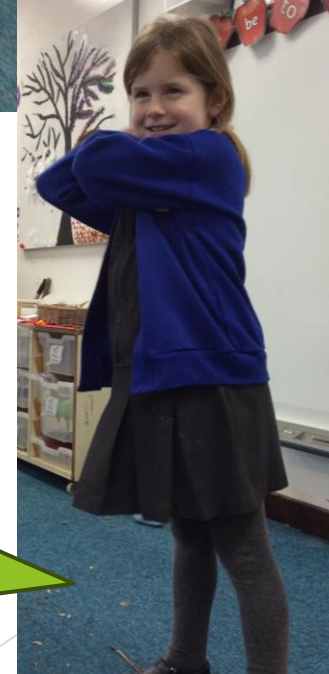
I understand that I need to exercise to keep my body healthy

Exercise makes your heart pump more blood around your body.



I think that he's playing football!

I am playing baseball.



Exercise makes me out of breath.



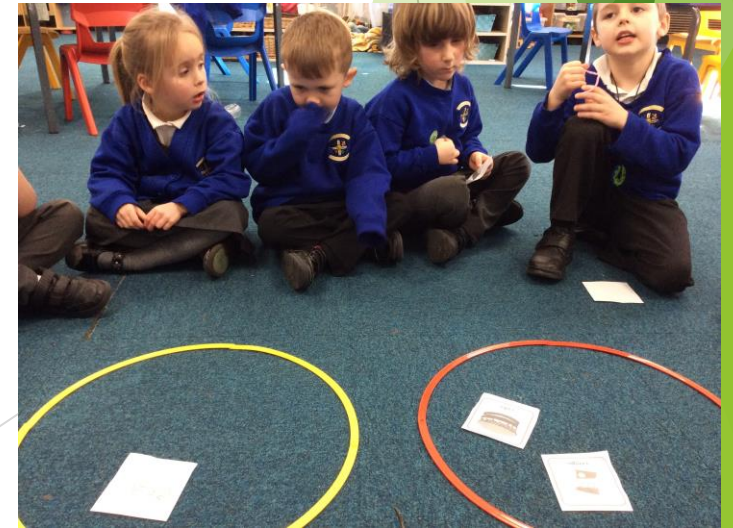
I know which foods are healthy and not so healthy and can make healthy eating choices



He can't eat that sandwich; it has ice cream and chocolate in! That's not healthy!



It's okay to eat a little bit of unhealthy food but not every day. It won't give you energy or be good for your teeth.



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



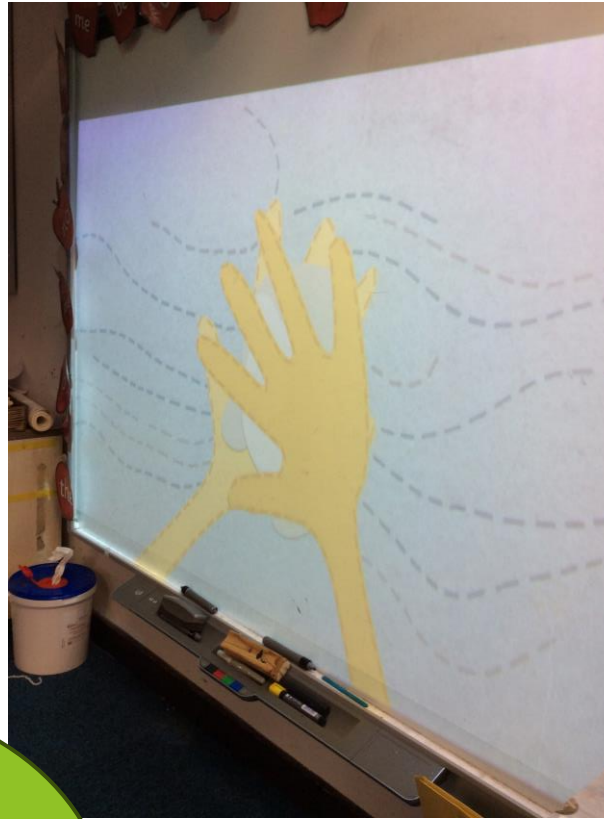
My mummy reads me a story before bed and then I brush my teeth.

We talked about what we do at night time before we go to bed. We discussed why children needs about 12 hours a night of sleep. It helps our bodies to heal and grow and makes sure we are less grumpy.

I like to put on my pyjamas and then play with my cars before bed.



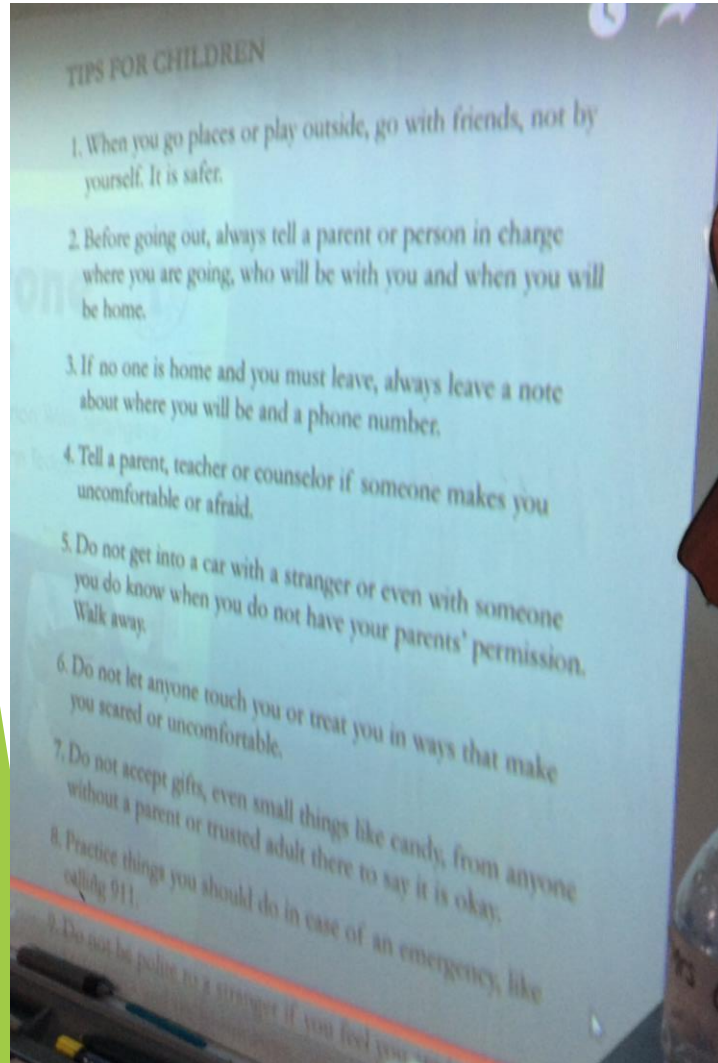
I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.



You must wash your hands because you might get sick from germs.



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

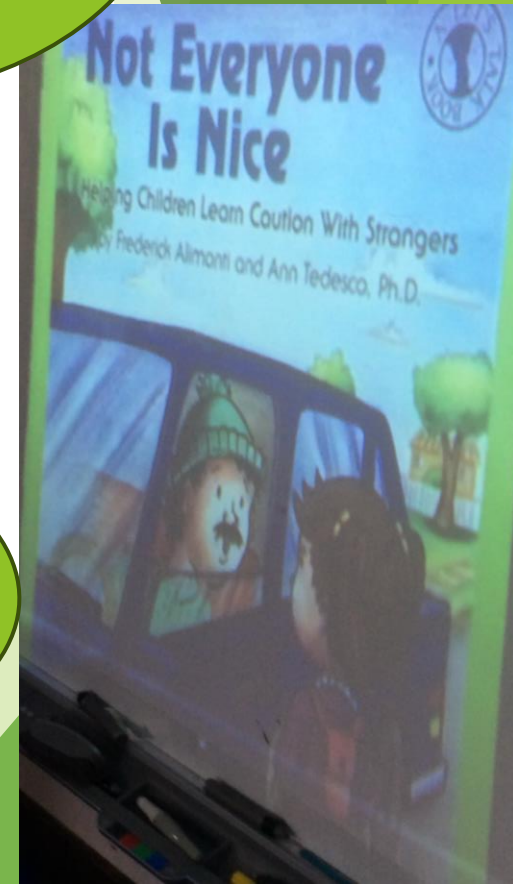


Its somebody you
don't know
Looks like a normal
person
Find a friend to help
or teacher / policeman

Sometimes a
stranger can
be mean.

If a stranger comes
near you and you
feel frightened, you
can make lots of
noise to let other
people know.

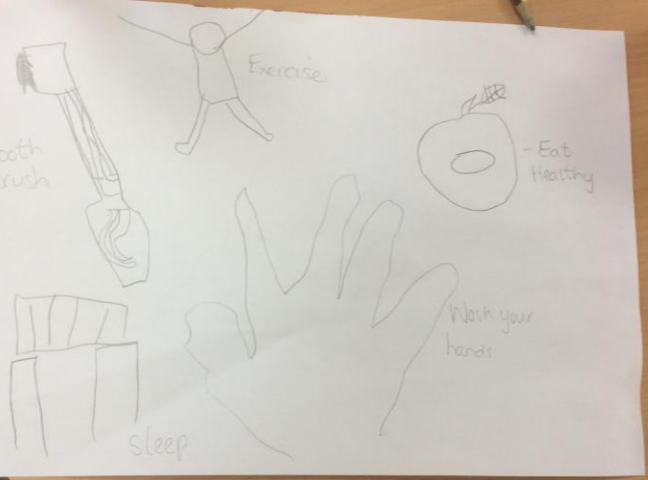
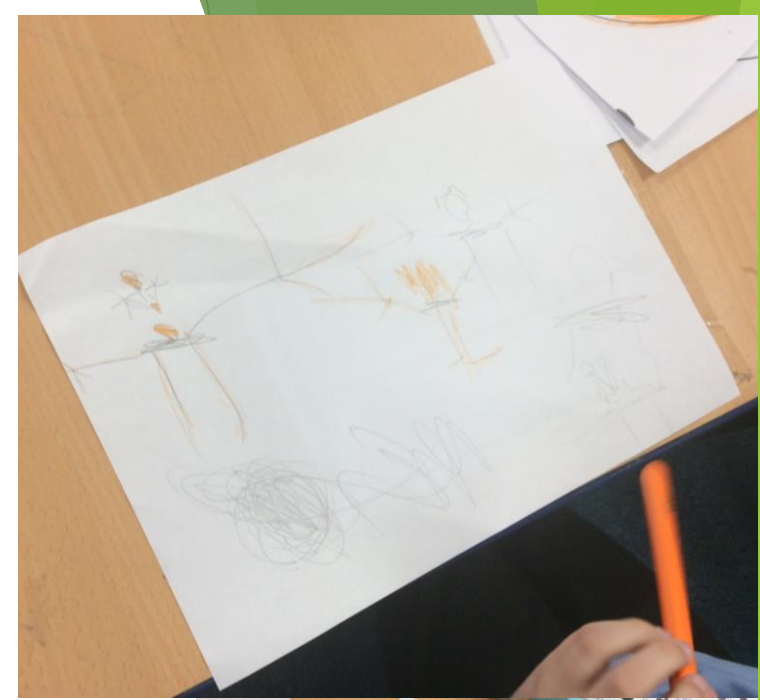
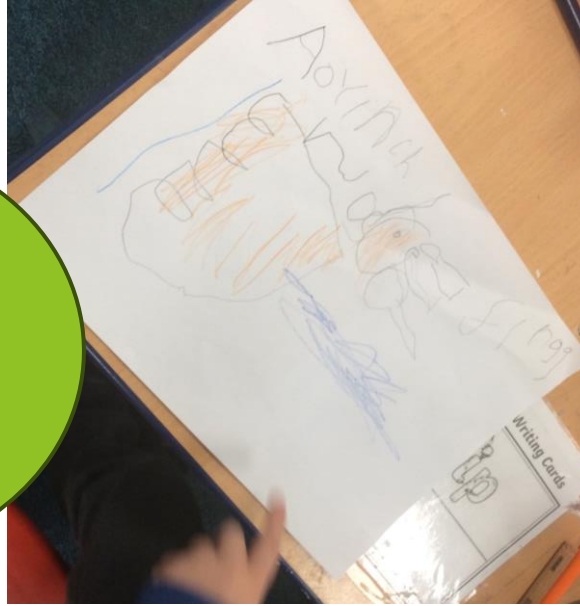
You must never
go with a
stranger even if
they give you
sweets.



A poster about how we can keep ourselves and safe



You must stay away from a stranger so this is a picture of a stranger.



You should eat healthy food and wash your hands.

