Year 4 - Lesson plan for session 3

Healthy lifestyles

[Positive Choices Coventry](https://www.changegrowlive.org/positive-choices-coventry)

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|  Links to PSHE Association Programme of studySee:<http://www.pshe-association.org.uk/resources> | Learning outcomes By the end of this lesson, the pupils will have: * Been encouraged to make healthy lifestyle choices
* An awareness of the benefits of leading a healthy lifestyle
* Be aware that choice is involved when making decisions around your lifestyle
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| Time required | 30 minutes (depending upon pupil’s needs and teacher choices)  |
| Required resources | Paper and pencils for children to record their learning and thinking – this alternatively could be done electronicallyFlip chart / A3 paper and pens for each table (optional)We would also suggest that pupils have a PSHE learning journal to provide evidence of learning and progression and as a reflectiveWorksheet – Jess’ healthy choices |
| Lesson Plan | **Introduction activity – whole class**Draw an outline of a person on the whiteboard and reflect the ideas of the discussion around the body.Collectively discuss what makes a person healthy – examples include: the food choices we make, getting regular exercise, having enough sleep, good personal hygiene. To introduce the concept on emotional and mental health having an effect on a healthy lifestyle; begin to include - expressing your emotions in a healthy manner, speaking to someone your trust when you feel an emotion that makes you feel uncomfortable etc. **Main Activities:**In small groups or collectively as a class; children are to write or discuss healthy alternatives to the following scenarios:Give a healthy choice or alternative for the following:* Jess has to get to and from school.
* Jess feels thirsty and gets her favourite fizzy drink.
* After school Jess sits and plays on her games console.
* Jess’ bed time is 9 o’clock on a school night.
* Jess is worried about how her friend at school is speaking to her.
* Jess has a headache and takes some medicine.

Can you think of any other times when you make your own healthy choices?What could be the outcome/consequences if we don’t chose to make healthy choices? |
| Assessment / Plenary | To assess understanding; share the ideas from the above activity.Pose additional questions/discussion: Is it hard to make healthy choices? What can help us to make healthy choices examples include: asking parent/carer to shop for our favourite fruits/vegetables, joining an after school activity or club, taking an early night during the week. |
| Suggested extension | Pupils to draw a poster or use computer to make poster on “How to make our lifestyles healthy”. |