Year 5 - Lesson plan for session 1

The benefits of a healthy lifestyle

[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 outcomeBy the end of this lesson, the pupils will have: * Confidence to feel equipped to make healthy lifestyle choices including friendship groups.
* An ability to recognise feelings and access support for uncomfortable feelings.
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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 electronically.Flip 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 reflective |
| Lesson Plan | **Introduction activity – whole class**The first session is going to explore and re-cap the work that has been completed in previous sessions since the start of key Stage 2 on:* What makes a healthy lifestyle?
* The benefits of having a positive friendship group.
* Making informed decisions
* Recognising your feelings and having healthy management of them

**Main activity**In small groups, posters to promote healthy lifestyles are to be created which is to include having a positive friendship group and making informed decisions, how to recognise when we don’t feel healthy and what you can do to manage these signs (healthy coping techniques and accessing support).  |
| Assessment / Plenary | To assess understanding; share the ideas from the above activity.Additional question: is there something you currently do that you could do differently to be healthier? |