Year 5 - Lesson plan for session 2

What do our bodies need?

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

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| Links to PSHE Association Programme of study  See:  <http://www.pshe-association.org.uk/resources> | Learning outcome  By the end of this lesson, the pupils will have:   * An awareness that what we put into our bodies has an influence on how we feel and how healthy we are. * An awareness that what we consume is a choice. |
| 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**  As a class discussion, pose ‘What do we need to put into our bodies to live?’   * Food * Water * Oxygen   We also put lots of other things into our bodies and systems that can either have a positive or negative impact on our body and how we feel.    What are some of the positive/healthy things we put into our bodies? How do they make us feel?  Examples including:   * Fruit * Vegetables * Vitamins * Fresh air   What are some of the negative/unhealthy things we put into our bodies? How do they make us feel?  Examples including:   * Sweets / lots of sugar * High fat foods * Cigarettes * Air pollution |
| Assessment / Plenary | Why do we sometimes choose to consume things that aren’t good for us?  What could we remind ourselves before we do this that could influence the decision we make? |