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 studySee:<http://www.pshe-association.org.uk/resources> |  Learning outcomeBy 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.
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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**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
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| 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? |