



# Healthy Me PSHE

# Healthy vs Un Healthy

Your  
brainpowers  
up when you  
sleep

Exercise is  
important  
because it helps  
different parts  
of your body  
grow.

Children should  
exercise for 1  
hours a day  
and sleep for  
11-12 hours a  
night.

We had class Cremyll  
join us for this lesson  
so we had a very  
detailed discussion.  
We sorted things into  
healthy and not  
healthy and some  
things even went in  
the middle because  
they are okay  
sometimes.

Keep Fit, Keep Healthy

Time for a treat,  
Watch what you eat !  
Biscuits and sweets will make your teeth bad.  
Toffees and cake  
Make your teeth ache,  
Keep yourself fit - you'll be glad.

Time for a drink,  
First stop and think !  
Fizzy and sweet will make your teeth bad.  
Water is best,  
Above all the rest,  
Keep yourself fit - you'll be glad.

Walking to school,  
That is the rule,  
Activity helps you to keep healthy.  
If you exercise  
It'll be no surprise  
You'll be SUPER FIT - wait and see !

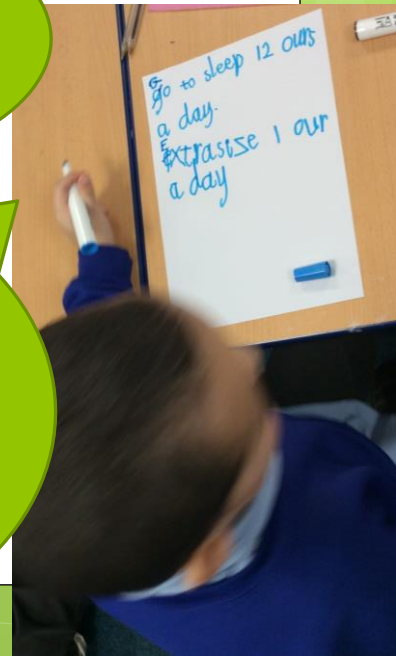
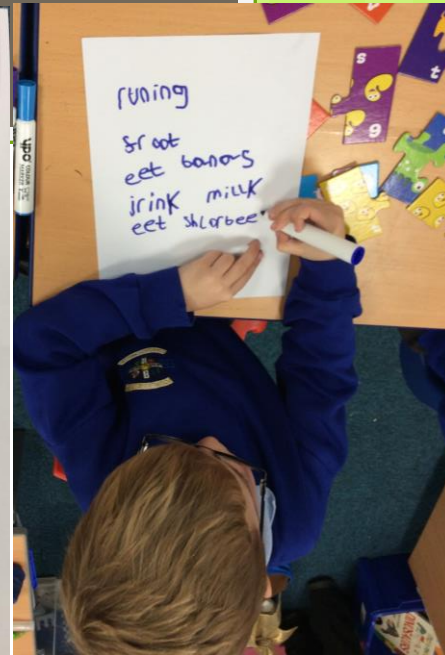


Having fruit is  
healthy  
because it has  
vitamins in it.

Calcium is in milk  
so it is good for  
your bones but it  
does have a lot  
of fat in it so you  
shouldn't have  
too much.

running  
eat bananas  
drink milk  
eat sherbees

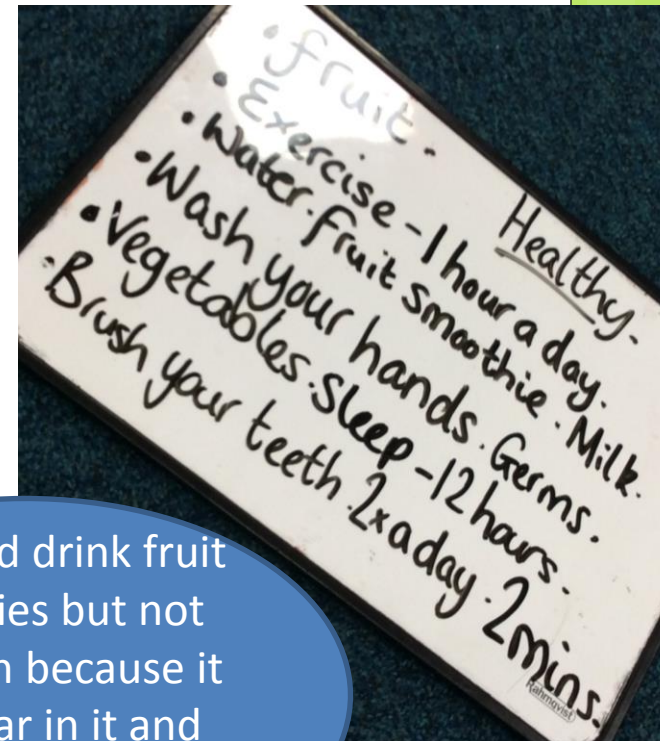
Go to sleep 12 ours  
a day  
Exercise 1 our  
a day



# Healthy Choices for Bob the boy.

Can you write 'drink water for me?'. (helping a friend).

We recalled some of our learning from last week and thought about how Bob can be as healthy as can be!

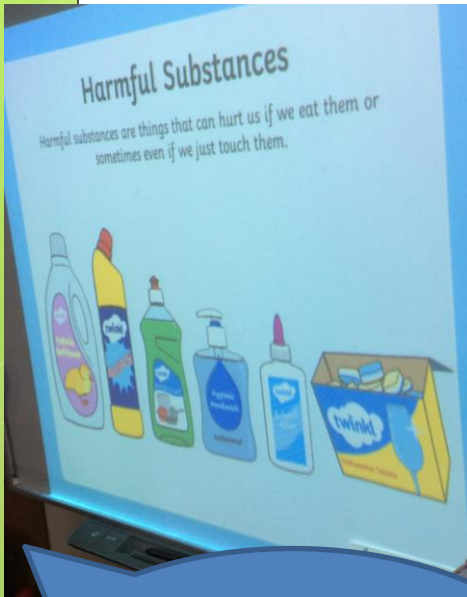


He should drink fruit smoothies but not too much because it has sugar in it and that isn't good for his teeth.



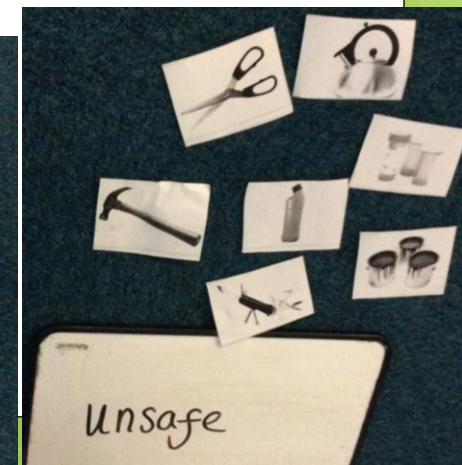


# Household chemicals and where things should be stored.

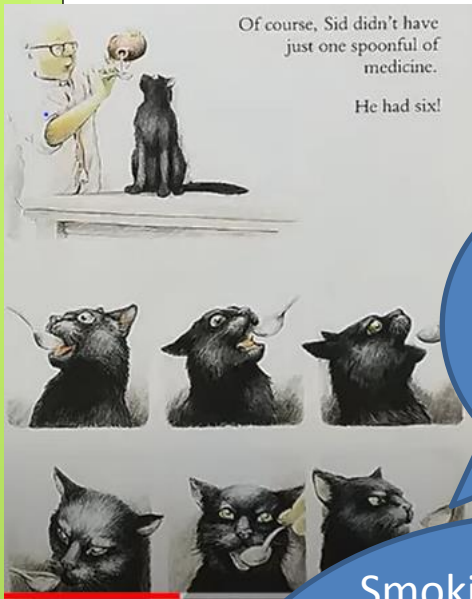


Bleach will poison you if you get it in your mouth. My mummy keeps it in a locked cupboard.

We must never take medicine without a grown up. Tablets are NOT sweets.



# Medicine Safety



If you take more medicine than you should you will get even more poorly.

Running is healthy but not too much as you might get injured.

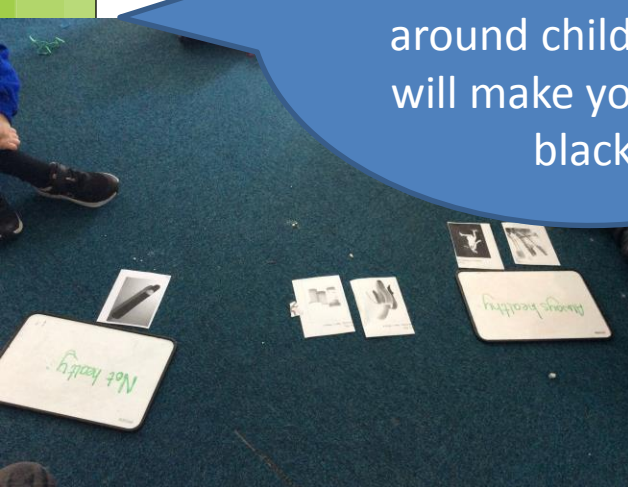
Smoking is not good for you. You shouldn't do it in the house, around children as it will make your lungs black.

Sometimes healthy

Always healthy

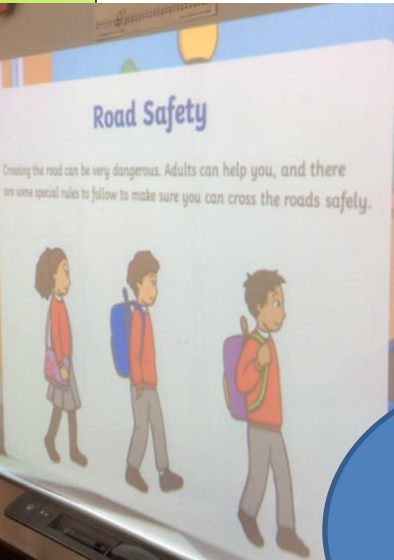


Not healthy





# Road safety



When I am on my bike and have a helmet.

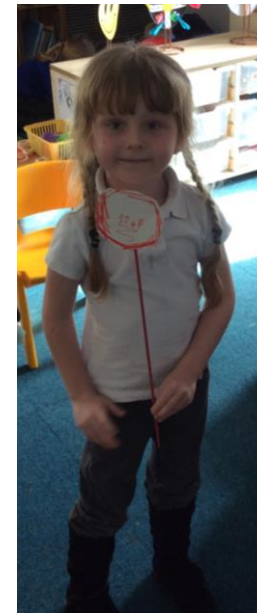
The brake on my bike makes me feel safe in case I go too fast.

Somewhere I feel safe is with nanny because she looks after me and locks the door.

You should still wait at a zebra crossing and wait for cars to stop.

Hold a grown ups hand when near a road.

I feel safe outside with daddy because he huggles me.



# A healthy day!

Keeping Clean and Healthy Timeline Template - Year 1 - Piece 6  
Hannah 28.3.22

It's morning!	brush your teeth sneez with and 5 foot
It's lunchtime!	peas Pregnant Irid mybic
It's going home time!	chaperon with candy
It's tea time!	brush your teeth
It's evening!	Wash
It's bedtime!	

Healthy Me  
Keeping Clean and Healthy Timeline Template - Year 1 - Piece 6  
Finlee 28.3.22

It's morning!	eat rice crispies brushing teeth
It's lunchtime!	crisps eat ham sandwich water
It's going home time!	rice crispy bar walk rice ham
It's tea time!	roast dinner apple and pear
It's evening!	brush your teeth
It's bedtime!	twelve hours of sleep ✓ Sleep ✓ Exercise ✓ Veg + Fruit ✓ Teeth brushing

Healthy Me  
Keeping Clean and Healthy Timeline Template - Year 1 - Piece 6  
Molly 28.3.22

It's morning!	brush teeth cook cereal
It's lunchtime!	chase sandwich water carrots apple cucumber
It's going home time!	crisps dancing
It's tea time!	roast chicken vegetables water
It's evening!	brush teeth
It's bedtime!	✓ Sleep ✓ Brushing teeth ✓ Fruit and veg ✓ Exercise twelve hours of sleep

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My day has  
brushing teeth,  
exercise and  
vegetables!