

PSHE

Our overall theme this term is **Healthy Me**

This week in PSHE our learning intention is:

I understand that I need to exercise to keep my body healthy.

We are also going to incorporate our PE into this lesson as well.

We are going to play Guess the Sport from these pictures:



Do you know of any other sports? Have you any family members who have a regularly take part in a sport?

We are going to think about what happens to our body when we exercise?

What we need to do when we exercise is to make our heartbeat faster which in turn helps us keep more healthy.

We need to feel our heart before we exercise and after we have exercised. What has happened to it and what other changes have happened to our bodies?

Adults can you set a 1 minute timer for your child to carry out the following:

1. Jump up and down
2. hopping
3. star jumps
4. jogging on the spot

Can you think of other activities you do that make your heart beat faster?

Please draw a physical activity that you enjoy taking part in.