

What choices can I make to help me keep fit and healthy?

Elements of a healthy lifestyle

Knowledge

Being healthy means getting sleep, exercise and making healthy, balanced food choices.



Awareness

- Exercise will make you heart beat faster.
- You may get breathless, hot and thirsty but this is OK
 - It can make you happier- link to brain breaks.

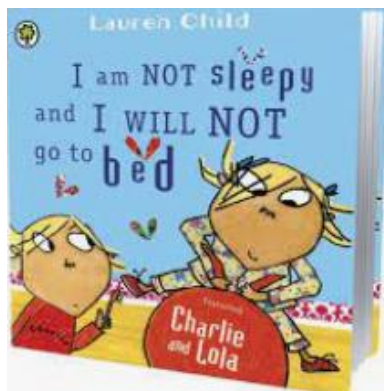


What is your bedtime routine?

When we sleep our bodies grow and recover.

Our brain makes links in learning too.

Sleep will help us to focus better in school.



Food Choice

- We are all responsible for taking care of ourselves.
- Grown ups should help us to make healthy choices.
- A little bit of less healthy things are OK but not lots.

Vocabulary Tier 1

Sleep, rest, food, drink, play.



Vocabulary Tier 2

Activity, exercise, diet, balance, personal responsibility, healthy, unhealthy.

