

# Welcome to Year 1 PSHCE



The lesson will  
begin at 12:45pm

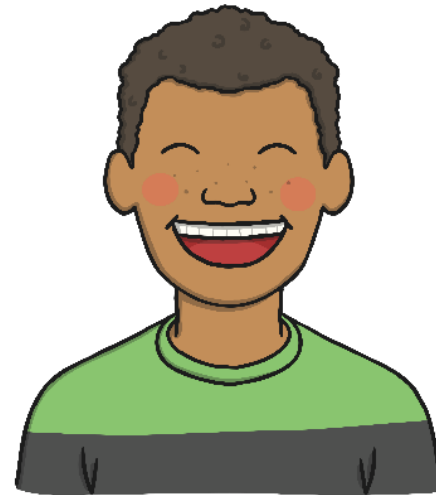
Turn your camera and microphone off please

# Healthy Eating and Living



There are many different ways to stay healthy. Some of these are:

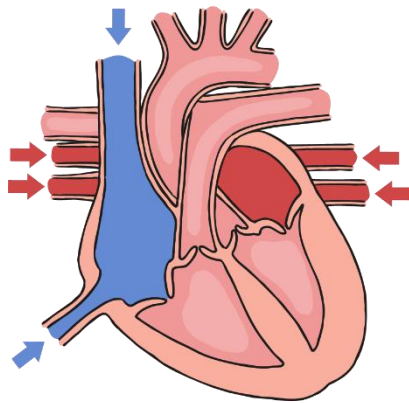
- Exercising often
- Eating healthily
- Having a happy attitude



Why do you think being healthy is important?

# Exercising is fun!

Doing exercise often will help us all feel great and keep our bodies strong!  
Our hearts need to be kept active and pumping.



Exercise also burns fat.



# Here are a few easy ways to stay active:



walking



dancing



playing games

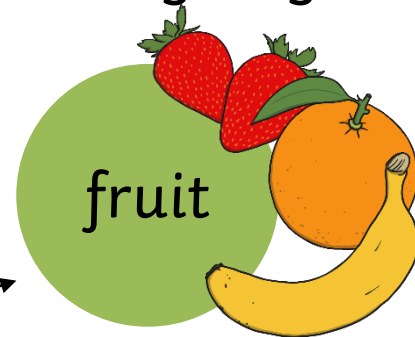
Can you think of any more?

# Healthy Eating

Here are some healthy foods. We should aim to eat at least **5 portions** of fruit and vegetables every day.



fish and  
meat



fruit



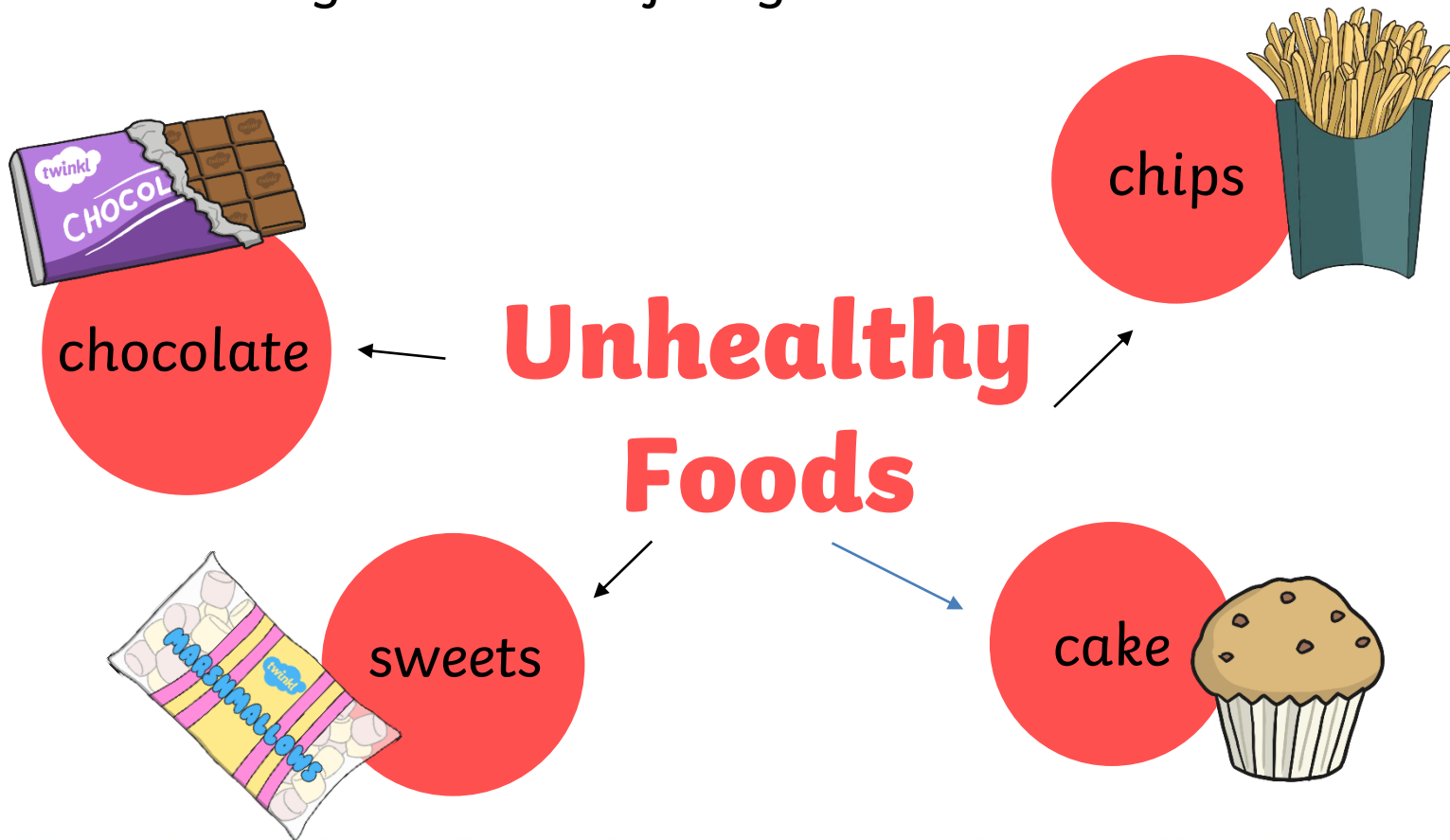
vegetables

## Healthy Foods



eggs,  
milk and  
cheese

It is perfectly fine to eat a little bit of unhealthy food. However, eating too much unhealthy food can make us overweight and not feel good.





Can you think of any **unhealthy** things that people do?

Did you know that eating well and exercising also prevents us from becoming ill!





# Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? Can you draw a picture in each box to match the sentence?

To look after yourself, you need to talk to others about how you are feeling.

To look after yourself, you need to eat a balanced diet.

To look after yourself, you need to do some exercise.

To look after yourself, you need to look after your personal hygiene.

To look after yourself, you need to think about what you wear.

To look after yourself, you need to rest and sleep.

## Remote Learning Timetable Year 1

|           |                                     | 9.05 – 9.30                 | 09.30 – 10.00                        | 10.00 – 10.20                       | 10.20 – 10.35 | 10.35 – 11.45       | 11.45 – 12.45 | 12.45 – 2.00                          |                                 | 2.05 -2.20                | 2.20 - 2.40                              | 2.40 – 2.55              |  |
|-----------|-------------------------------------|-----------------------------|--------------------------------------|-------------------------------------|---------------|---------------------|---------------|---------------------------------------|---------------------------------|---------------------------|--|--------------------------|--|
| Monday    | Self-directed and movement activity | PE (Go noodle/Jo e Wickes)  | Whole School Assembly<br><b>LIVE</b> | Spelling and Grammar<br><b>LIVE</b> | Break         | Maths - <b>LIVE</b> | Lunch         | PSHCE – <b>LIVE</b><br>(12.45 – 1.05) | ART - <b>LIVE</b>               | Handwriting - <b>LIVE</b> | Phonics <b>LIVE</b>                      | Story time - <b>LIVE</b> |  |
| Tuesday   | Self-directed and movement activity | MyOn/Times table Rock stars | Phonics - <b>LIVE</b>                |                                     |               | Maths - <b>LIVE</b> |               | Science <b>LIVE</b>                   |                                 | Handwriting - <b>LIVE</b> | Phonics <b>LIVE</b>                      | Story time - <b>LIVE</b> |  |
| Wednesday | Self-directed and movement activity | MyOn/Times table Rock stars | Phonics - <b>LIVE</b>                |                                     |               | Maths - <b>LIVE</b> |               | History - <b>LIVE</b>                 |                                 | Handwriting - <b>LIVE</b> | Phonics <b>LIVE</b>                      | Story time - <b>LIVE</b> |  |
| Thursday  | Self-directed and movement activity | PE (Go noodle/Jo e Wickes)  | Phonics - <b>LIVE</b>                |                                     |               | Maths - <b>LIVE</b> |               | Languages (Teams Assignment)          | Religious Education <b>LIVE</b> | Computing <b>LIVE</b>     | Singing Assembly 2:30 – 3:00 <b>LIVE</b> |                          |  |
| Friday    | 'Screen free' Friday                |                             |                                      |                                     |               |                     |               |                                       |                                 |                           |  |                          |  |