



UKS2
Health &
Wellbeing

Relationships

Living in the
Wider World

Unit 1: Health Lesson 3: Healthy Lifestyles

Learning Objectives

- Know the characteristics and mental and physical benefits of an active lifestyle
 - Understand the importance of making changes in adopting a more healthy lifestyle
- HW16 Negotiate and present their own views
PW53 Reflect on how to deal with feelings about themselves, their family and others in a positive way
PW56 Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
PW58 Recognise that when the body changes during puberty it can affect feelings and behaviour
PW61 Take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle
PW64 Identify how to find information and advice through help lines

Introduction

- In small groups, ask the pupils to consider whether they think they are healthy. How do they know? What physical, emotional, mental signs show that we are healthy?
- Feedback and listen to each other's ideas.
- Explain that when we choose to take part in physical activity our bodies maintain strength, flexibility, tone and definition but we also feel better, too.
- Discuss how endorphins, released into our bodies during exercise, make us feel confident, happy and help us to relax and sleep well.

Resources

N/A

Introduction cont.

- Explain that as we grow up, hormones in our bodies, which cause changes to occur, can affect our moods and emotions e.g. frustration, anger slamming doors, sudden unexplained outbursts and tears. These symptoms can all be relieved by the choices we make - having a healthy lifestyle affects the whole of you.

Main Activity

- The focus of this task is to show how making healthy choices can have a positive impact on our bodies and how we feel. They are going to come up with ways in which those in need of a life change can get help and support.
- Allow the pupils the opportunity to choose how they want to present their work. It could be a poster, radio commercial, song, drama, persuasive writing.

Plenary

- Discuss and feed back ideas. Ensure they are making a positive contribution and that others may find tackling these problems difficult.

Assessment

- Think of some healthy choices you have made this week.

You Choose!