**Healthy Heart, Healthy Mind Week – KS1**

**This week we will be exploring our ‘Being Healthy’ PHSE curriculum by being active and looking at heathy lifestyle choices, along with Physical Education.**

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| **Design a Healthy Snack**  Using the Eatwell Plate to help you, design a healthy snack for you and your family to enjoy. This could be fruit salad kebabs, oaty flapjacks or something else!  CHALLENGE: Make one or more of your healthy courses!  <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> | **A-Z**  Can you name a healthy food for each letter of the alphabet?  CHALLENGE**:** Try 5 foods that you haven’t tried before and write a review for each.Think about taste, texture and smell. | **Healthy Body, Healthy Mind**  Watch a Yoga or Pilates video and create your own. Use the links below to give you some ideas. Your video only should be a **maximum** of 5 minutes long.  <https://www.youtube.com/watch?v=Jo3ga3Vk6vQ>  <https://www.youtube.com/watch?v=3DcnjUt8xWY> | **How can you be a good sports person?**  Choose one of the Panathlon Home games and have a go at playing.  Create your own **inclusive game.** You need to make sure that your whole class are able to play. Consider the different strengths and weaknesses of your class and ensure your game is suitable and fun!  https://panathlon.com/panathlon-launches-at-home-sporting-challenges/ |
| **Playground Games**  Design and create your own playground game.  CHALLENGE: Think about some rules for your game.  We will be choosing the best game from each class to put on a Lunchtime Games display board and teach it to every class so we have plenty of games to enjoy at lunchtime. | **Writing**  Start writing a food and exercise diary.  Write down what you have eaten over the course of the day, how much water you have drunk and whether you have completed your 1 hour of daily exercise. Decide whether you have had a healthy day.  Image result for diary CLIPART | **How do I keep healthy?**  Think about the differences between a healthy and unhealthy lifestyle  Create a poster, song, poem, rap or leaflet to explain the differences and tell me how you can stay healthy.  Image result for person thinking CLIPART | **Daily 3**  Choose 3 of the healthy choices below each day to complete. You may complete the same activity more than once.   * 10 minutes of exercise indoors (this can be Joe Wicks or similar) * 20 minutes of exercise outdoors (this can be a walk) * Eat 3 pieces of fruit or veg * Complete 5 minutes of mindfulness. * Complete a food diary * Eat a healthy breakfast * Design and complete a 5 minute workout * Learn a new active skill – e.g. riding a bike, throwing and catching a ball with one hand, tying your shoe laces |
| **Identify part 2**  Take some time to reflect about lifestyle choices that may not always be healthy.  Create a poster showing healthy snack options on one side and unhealthy snack options on the other. | **Your Go Noodle!** Create a 5 minute ‘Brain Break’ in the style of a ‘Go Noodle’ Dance Workout. Choose your favourite song and re-create some new and funky dance moves.  <https://www.youtube.com/watch?v=lJPvEs8qpQc> | **Cool down corner**  Make yourself a safe corner or space where you can relax after doing something physical.  You might keep your favourite toy here to cuddle.  <https://classroom.thenational.academy/lessons/cool-down-corner-6hjkae?activity=video&step=1> | **Sugar Smart**  Go through your kitchen cupboards and choose 5 items of food. Using the **SugarSmart App** you will can identify how much sugar, saturated fat and salt is in your item. Create a table to show your findings.  CHALLENGE: check the packaging to find the amount of calories in your chosen foods. |