**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
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| **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.  |