

PSHE

Our overall theme this term is **Healthy Me**

This week in PSHE our learning intention is:

I understand what happens to my heart when I exercise.

We are also going to incorporate our PE into this lesson as well.

When we exercise at school we have a warm up then our main activity then we cool down.

I am going to give you a warm up and cool down and then let you decide what activity your child does maybe a run around outside, a bike ride, or perhaps you could teach them a game you did as a child anything that gets the heart beating faster!!

What the children need to be aware of is what does their heartbeat feel like in between the activities? How does their breath feel? What does their skin feel like? Why is it important to exercise?

Warm Up

The children have done this in school before. Play the Bean Game:



Baked Beans: children pretend to sunbathe.

Runner Beans: Run on the spot

Jelly Beans: shake themselves

Jumping beans: jumping on spot

Broad Beans: broad shapes

Chilli beans: shiver

String beans: make themselves tall

French beans: they say oh la lah

Your Own Activity

Cool Down

Lay down and stretch out your different body parts: arms, legs tummy. fingers, toes etc.

It would be lovely to see some pictures of your activities!!

