

Active

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p style="text-align: center;">Healthy Foods</p> <p>P1-P4 Breakfast is the most important meal of the day when you break the fast you have had during the night eating nothing. Try different things for breakfast.</p> <p>P5-P7 Talk to an adult how about how an unhealthy diet and lifestyle can negatively affect your heart. Identify three “super foods” for your heart and research why these foods can keep you healthy and prolong your life.</p>	<p style="text-align: center;">Staying Active</p> <p>P1 With an adult, be active doing regular things like singing/dancing/marching along to the music of your favourite TV programmes.</p> <p>P2-P4 Keep a record of how much time you spend every day being active.</p> <p>P5-P7 Prepare a two minute talk to deliver at home and to share on teams to support the idea that walking it or wheeling it to school can promote independence/ confidence/road safety awareness/ general health & wellbeing.</p>	<p style="text-align: center;">Staying Active</p> <p>P1-P4 With adult supervision only Go out a walk with member of the family and see how many things you find to spell/sound out the word “ACTIVE” It can include things you can’t pick up e.g. “the View”!</p> <p>P5-P7 As children you are more flexible than adults: flexibility means you can bend and stretch without much trouble! Try out these flexibility exercises with an adult: touch your toes/side stretches to the right and left/ front roll/ star jumps. Choose your favourite and do it regularly and encourage the adult to join in with you</p>