w/c 22.2.21

Lesson 1 – PSHE Healthy Me

- Welcome to our new topic!
- Can you remember how we begin every Jigsaw lesson?
- Play the chime below. What are you imagining or thinking about whilst you are listening to the chime?
- Woodstock Zenergy Chime - Solo, Silver - YouTube

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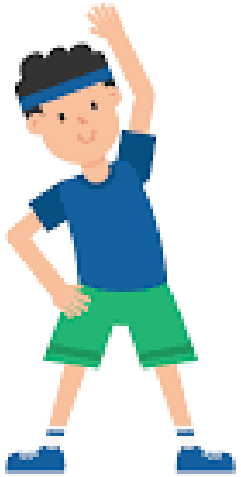
We are celebrating children who…

- Have made a healthy choice this week!
- Think about what it means to make a ‘healthy choice’ pause the video and tell somebody now! Can you think of some ways that we could keep our bodies healthy?



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- Listen to the song '**Make A Good Decision**'. Whilst you are listening, think about how you could keep your bodies healthy. Make a list of your ideas in your home learning book.

Make A Good Decision

(Healthy Me)

I know what's right,
And I know what's wrong.
When to say yes,
And say no, strong,
Strong.
I will make sure,
I can tell the difference, see.
I will make sure,
I'm as healthy as can be.
As can be,
Be, be.

Chorus:
I know what's wrong and what's right when
It comes to the bite.
I know just what to say,
It's my life.
Lets be healthy, be happy, be you,
Be the way that you want to be.
Make sure that you make a good decision.

INSTRUMENTAL

Chorus x2
I know what's wrong and what's right when
It comes to the bite.
I know just what to say,
It's my life.
Lets be healthy, be happy, be you,
Be the way that you want to be.
Make sure that you make a good decision.

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Keeping Healthy

- Did you come up with any of these ideas of how we can stay healthy?
- *Healthy, balanced diet*
- *Exercise*
- *Drinking water*
- *Sleeping well*
- *Resting and relaxing*
- *Keeping clean*

- If so, well done!

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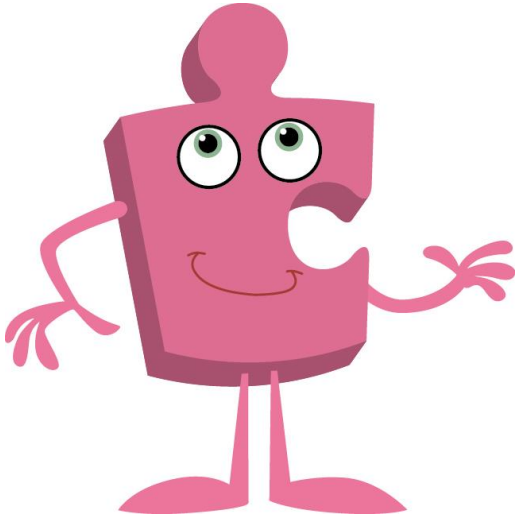
Scenario Time…



- What does the word ‘**motivation**’ mean?
- Most people know about how to keep themselves healthy and you all know lots of ways that we can do this.
- However, sometimes some people find it difficult to stay healthy.
- Here is a story about **Jigsaw Jo**! Jigsaw Jo goes to judo every week and usually enjoys it. But one week, it doesn’t seem as fun to Jo, who decides to stay at home instead. Jo is a bit tired and can’t really be bothered to go out, even though there will be loads of nice people at judo. Jo feels a bit disappointed to miss judo... Ask the children why Jo might not want to go to judo. Have they ever felt like not doing something active, even if they have enjoyed it before? Then ask: how might Jigsaw Jo feel when Jo does go to judo? Have they ever felt like Jo?
- It all comes back to that word **‘motivation’.**

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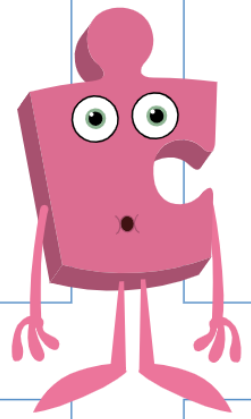
Your task!

Let's help Jigsaw Jo to think of some reasons why he or she should stay healthy and be motivated!

Jigsaw Jo doesn't feel like going to dance practice.
What could you suggest to help Jo?

Jigsaw Jo doesn't want to eat the apple in the lunchbox.
What could you suggest to help Jo?



Jigsaw Jo doesn't want to go to bed on time.
What could you suggest to help Jo?

Jigsaw Jo doesn't feel like washing hands after going to the toilet.
What could you suggest to help Jo?

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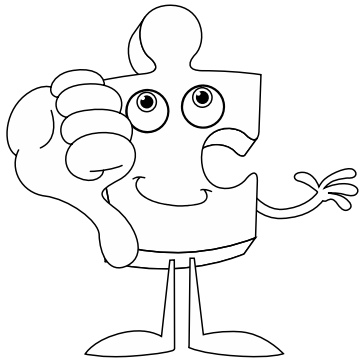
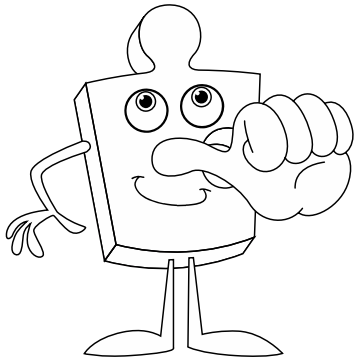
How did you get on?

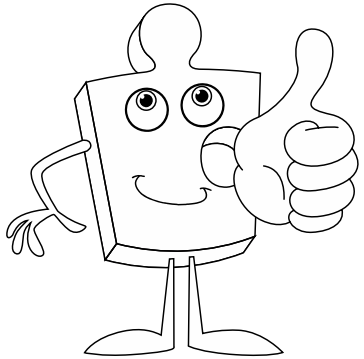
My Jigsaw Learning **Healthy Me Piece 1** **Ages 6-7**

Name .....

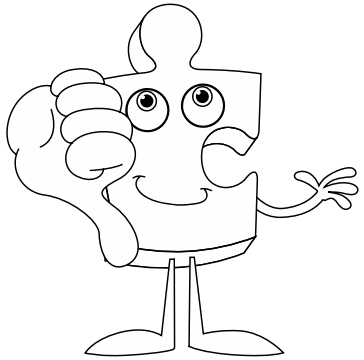
I know what I need to keep my body healthy

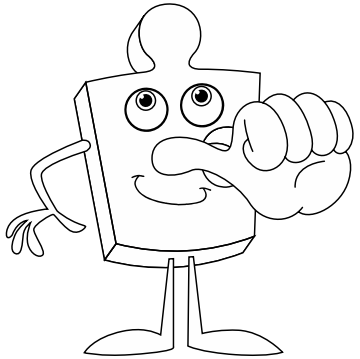


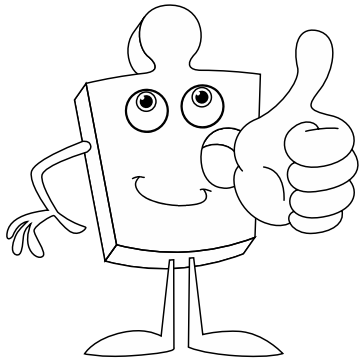




I am motivated to make healthy lifestyle choices







TINT BOX - To improve next time I .....

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