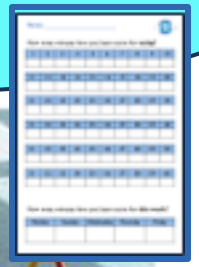
Early Years (Year R) – Health Adventurers

Children will be watching videos and taking part in fun activities and role play to help them to learn about staying healthy.

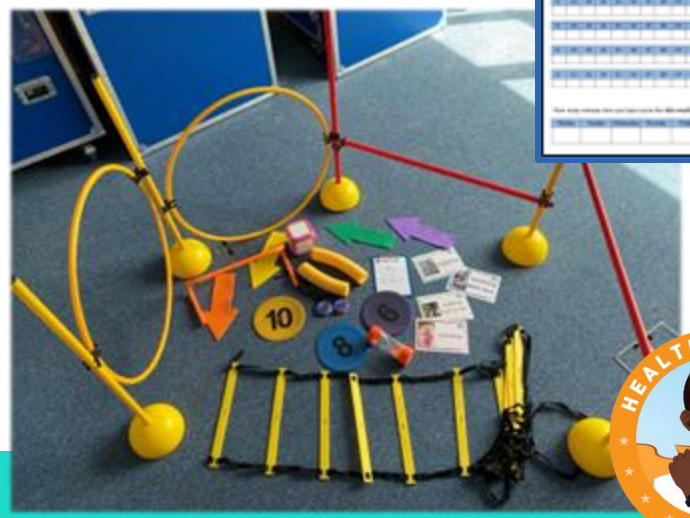
The activities all have links to the National Curriculum, encourage scientific enquiry skills and will be interactive and memorable.

Role Play resources for a Health Clinic- dental equipment, height and weight measures, x-rays of broken bones etc.

Children will predict what may happen to their heart rate when they exercise. Then they will use stethoscopes to find out.
They will record how many active minutes they have in a day.

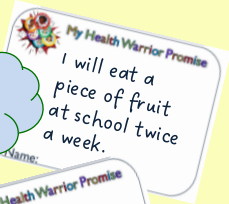


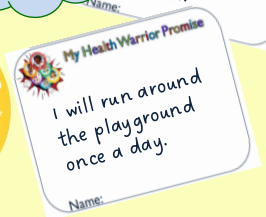
Children will find out what they can do to sleep better.



What?

How?





With support children will write a Promise to make a small change to improve their health based on their learning.

KS 1 (Year 1-2) Health Investigators

This module starts with a short video of Health Warrior Crunch - he's concerned by his friend's very unhealthy dinner.

Children set off on a mission to help Crunch find some healthy alternatives for his friend. They will do it by:

- Looking at different food groups and designing their own balanced meal
- Learning about food labels by sorting a variety of real food labels
- Designing some healthy menus for a café – which they will try out in the role play area

Children will also learn about the importance of being active and work scientifically to test which activities raise their heart rate.

They will be awarded Health Warrior stickers and certificates when they finish this module.

Activity equipment and pulse oximeters to investigate heart rate.

Resources for learning about the Eatwell Guide and Healthy Café role play.

With support children will write a Promise to make a small change to improve their health, using what they learned during the sessions.

How?

What?

Lower KS2 (Year 3-4): Health Detectives

This module starts with a challenge for children to design a healthy snack menu for a school. Children will learn about nutrition with particular focus on healthy bones. Children will:

- Learn what foods are rich in calcium & plan some meals/snacks
- Learn and practise physical activities that helps to strengthen bones
- Learn about vitamin D and safe sunlight exposure and do a fun UV beads experiment
- Carry out a fun experiment using chocolate bars to represent bones

Sports equipment for activity design

Real bones!

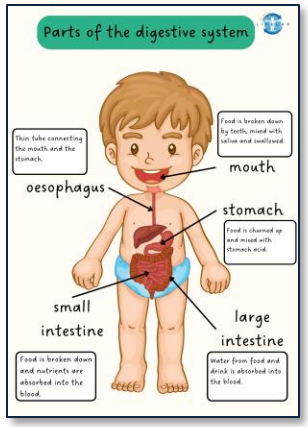
Equipment to set up a 'chocolate bar bone' experiment

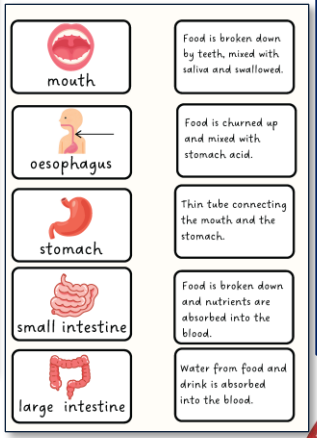
Resources to conduct an experiment involving UV beads – to learn about a source of vitamin D – sunshine!

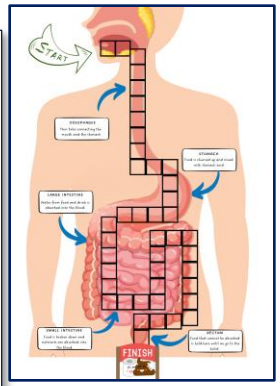
Lower KS2 (Year 3-4): Mission - Digestion!

Children will learn about the digestive system. Through fun activities like games they will learn names and functions of 5 main digestive system organs. They will also learn what foods are good for the digestive system and have a chance to prepare some vegetable snacks. They will carry out a research activity to find out which snack is the most popular in their class. Children will:

- Learn what foods are rich in calcium & plan some meals/snacks
- Learn and practise physical activity that helps to strengthen bones
- Learn about vitamin D and safe sunlight exposure and do a fun UV beads experiment
- Carry out a fun experiment using chocolate bars to represent bones







Labelling activity and board game

Food preparation equipment for making snacks

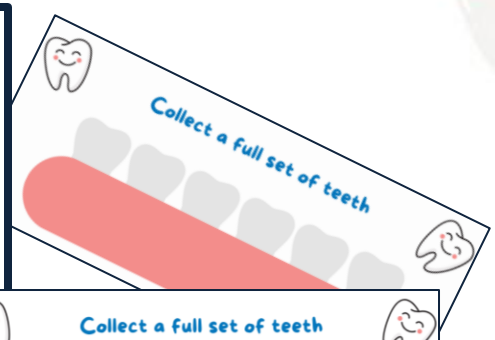
With support children will write a Promise to make a small change to improve their health, using what they learned during the sessions.

Health Heroes – Healthy Teeth Mini Module

Children will learn about how to keep their teeth healthy with careful brushing and a tooth friendly diet. They will do an experiment to find out about the effect of different liquids on their tooth enamel.

An experiment to test the effect of different liquids on teeth enamel.

A fun board game to highlight and encourage healthy habits.

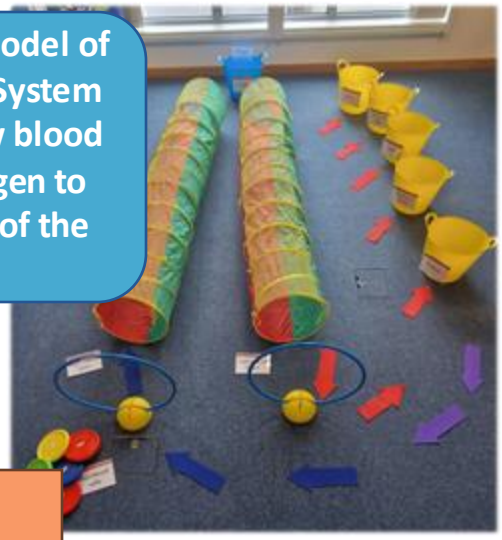


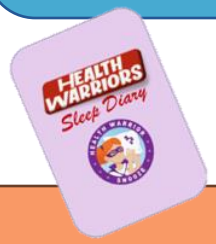
Children will write a Promise to make a small change to improve the health of their teeth based on their learning.

Upper KS2 (Year 5-6) Health Heroes

Children will learn about their heart and how to keep it healthy.
They will be given fun and interactive tasks to illustrate how the circulatory system works and investigate their heart rate.
Children will learn about nutrition, exercise and how to have a better night's sleep then they will use this knowledge to run a Health Campaign to help others in their school.

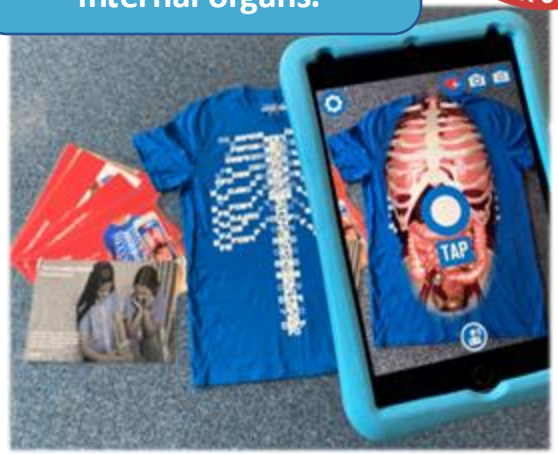
An interactive model of the Circulatory System discovering how blood transports oxygen to different parts of the body..





Children will fill in a Sleep Diary to find out what they can do to sleep better.

I-pads and t-shirts to virtually explore their internal organs.



Resources to make their own 'blood'.

Children will write a Promise to make a small change to improve their health based on their learning.