

TEACHING FOR CREATIVITY in PSHE



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LESSON 2

HEALTH AND WELLBEING Put it in and on!





<https://www.bbc.co.uk/bitesize/articles/zydxjsg#zb7j6rd>

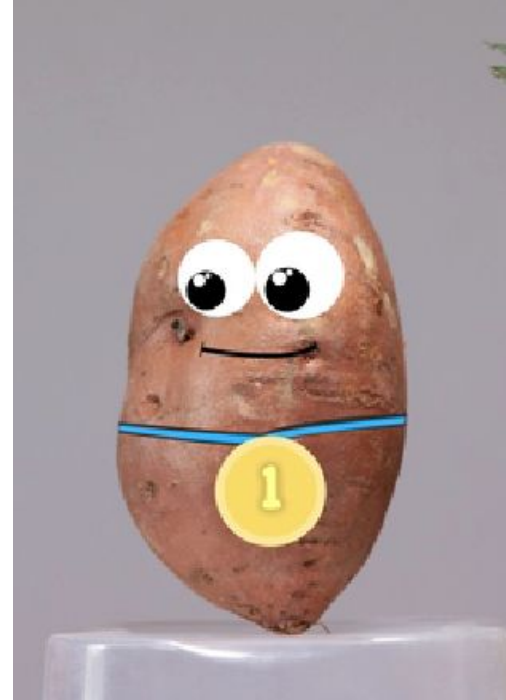
→ Which food won the race and why?

→ Which food won the race and why?

Slow release of energy

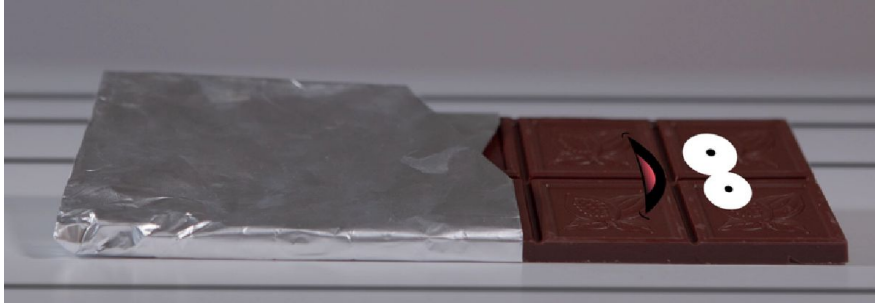


Complex carbohydrates release energy slowly. They take longer to digest so they help make you feel fuller for longer.



→ Who stopped first and why?

→ Who stopped first and why?



Simple carbohydrates are foods high in sugar, like chocolate, biscuits, fizzy drinks and some fruits.

High in sugar which gives big burst of energy but does not keep you going

→ Should we all only eat sweet potatoes?

→ Should we all only eat sweet potatoes?

We need a
Balanced diet
With Colours
and
variety



Imagine a car...

...the more petrol in the tank the further it can drive. Our bodies are no different. We can't expect to have energy if we are not eating a healthy balanced diet to fuel us



Make a circle with props
scattered in the middle

1 person to stand in the middle of circle



1) It is Summer
This person is on the
beach

What do they need?

Bottle of suncream



1) It is Summer
This person is on the
beach

What do they need?

sun hat



water bottle



sunglasses



2) It is Winter
This person is going
outside

What do they need to stay
healthy?

Scarf



Raincoat



2) It is Winter
This person is going
outside

What do they need to stay
healthy?

Hat



Gloves



Welly boots



3) This person is playing
football.

What do they need?

Shin pads



Mouth guard



3) This person is playing football.

What do they need?

First aid box/kit



Warm clothes to put on after



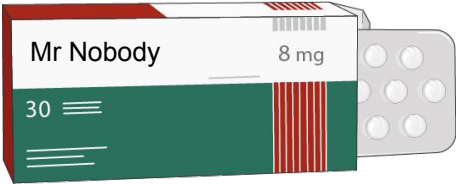
water bottle



4) This person is feeling
unwell.

What do they need?

Medicine box with a name on it



Vegetable soup



Calpol



4) This person is feeling unwell.

What do they need?

Water bottle



Book



Blanket

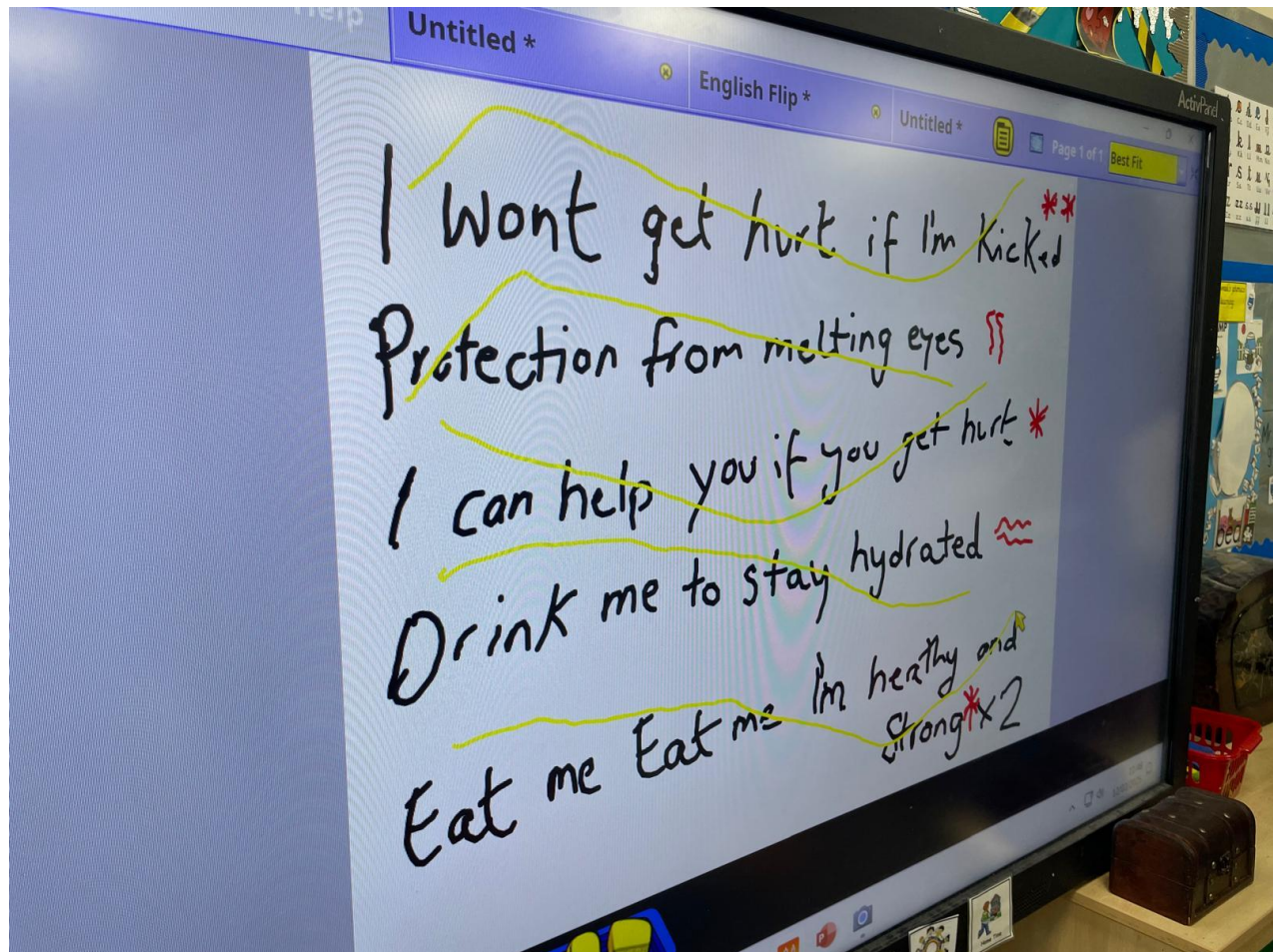


Thermometer



STEPS TO WRITE A SONG

- In groups choose 1 prop (from exercise above) that you want to promote: sun cream, water bottle, vegetable etc
- Each group writes one simple sentence to promote their prop eg. "I won't get hurt if I'm kicked" (shin pads)
- Write each line on the board: these sentences are now song lyrics.
- As a group add melody to each line and overlay a wavy line to indicate highs and lows of tune
- Add percussion to punctuate lines and draw pictures or symbols on the lyrics
- Sing the whole song together
- Each group makes a tableau to illustrate their line
- Sing the whole song now with each group creating their tableau on their line



Props to collect list:

a Bottle of suncream,
sun hat,
water bottle
sunglasses

raincoat
Hat
Scarf
gloves
Welly boots

Shin pads
Mouth guard
Warm clothes to put on after
First aid box/kit

Medicine box with a name on it (Mr Nobody/ Joe Blogs/ Mrs N.E.One)
Calpol
Thermometer
Water bottle
Blanket
Book
Vegetable soup - carton with veg on or a loose carrot and a bowl and spoon

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