PSHE

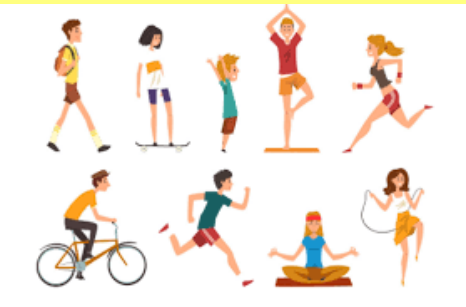


LO: To understand how to be active on a daily and weekly basis.


What did we talk about last week?

What physical activity do you do every week?

Let's go round the room and everyone needs to give pne example of physical activity they do.





We have looked at some examples of physical activity.

How can we ensure that we do physical activity every week?

What could we do to help motivate us?

Clubs

Sports teams

Gym memberships

Go with friends or family

Can you think of any other way?

Who can we talk to if we are unsure about exercise or if we are healthy?