

LKS2 – Lesson Plan 2 - PSHE

How can we take care of our bodies and our brains?

Aim: To understand the importance of a healthy lifestyle and how diet, exercise, and rest affect both the body and the brain.	Key Words: • healthy, exercise, heart, brain, energy, sleep, balance, nutrition, choices, wellbeing, body	Preparation: • Diagrams of the human body and brain • 'Healthy vs Unhealthy' food picture cards • Scenario cards (e.g. "You're tired but want to play video games", "You forgot your water bottle") • Large paper and felt tips for group work • Optional: heart rate monitors or stopwatches
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Prior Learning: Children know the basic parts of the human body and have begun to explore how to keep healthy (e.g., hygiene and food groups).

WC / PT	<u>Warm-up:</u> Quick-fire quiz: • Which part of your body pumps blood? • What do we need sleep for? • Why do we need water? Then ask children: • How does your body feel when you're tired? • What helps you feel your best?	0-5 mins
WC	<u>Main Teach:</u> Introduce the idea that our bodies and brains are connected, and that what we eat, how we move, and how we rest affects how we feel and how well we learn. Use a simple diagram to show: • Exercise = strong heart and happy brain • Healthy food = fuel for thinking and energy • Sleep = recharge for body and brain Highlight that PSHE is about our choices, and Science helps us understand why those choices matter.	5-10 mins

I / S	<u>Activity:</u> Design a 'Healthy You' Poster Children design a poster with the title: "My Body and Brain Plan!" It should include: • 3 things that keep the body healthy • 3 things that help the brain stay strong • An image of themselves doing something healthy (e.g., running, sleeping, eating fruit) Encourage discussion and group sharing as they work.	10-30 mins
I	<u>Extension Challenge:</u> Give children scenario cards to solve: • "Your friend skips lunch every day — what would you say?" • "You stayed up really late on a school night. How will your brain feel tomorrow?" Have children act out or write responses showing good choices and explain the science behind them.	30-35 mins
WC	<u>Plenary:</u> Class circle: • One thing you can do today to look after your body. • One thing you can do today to care for your brain. Use actions:  = point to head  = show your muscles  = mime sleeping Finish by saying: <i>"Healthy choices make us strong in every way!"</i>	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Record your heart rate before and after running on the spot for 30 seconds. What happens?
Challenge B	Write a simple advice piece titled: <i>"How to Take Care of Yourself"</i> — with three bullet points.