

Hillstone Lifeskills



This half term we will be focusing on health, wellbeing and fitness!

Lets start with a quick warm up game
to get active!

Miss Thornton says...

Do 15 star jumps,

Run on the spot for 30 seconds,

Hop on one leg 10 times.



Calm me



Before we start lets calm our minds and focus on our breathing-
Click on the relaxing breathing link on the virtual school.

Before we start I want you to think about
2 words...

healthy

unhealthy

What do you think these words mean?
What does it mean to be healthy or unhealthy?
Create a mind map for each word putting down
anything that you think relates to them.

Are these pets healthy or not?
You can think to yourself or speak to an
adult.





What made you think these pets were healthy or unhealthy?

Why is it important to exercise and be healthy?

Lets create a list of why we need to be healthy.

TASK: Write a list of all the reasons why we need to be healthy. How many can you think of today?

1. Being healthy keeps our body working properly.
- 2.
- 3.
- 4.
- 5.

Keep your list safe as at the end of this half term we are going to see how many more reasons you can add to it!

An important part of being healthy is keeping active which is why I did an active warm up to start the lesson.

How many different sports can you think of?

I thought of 8 can you beat me?

TASK: I would like you to come up with two activities: one must be a normal, everyday activity that you do and the other must be really unusual activity that you have made up.

For example:

My everyday activity = walking to school.

My unusual activity= hopping backwards to the shops.

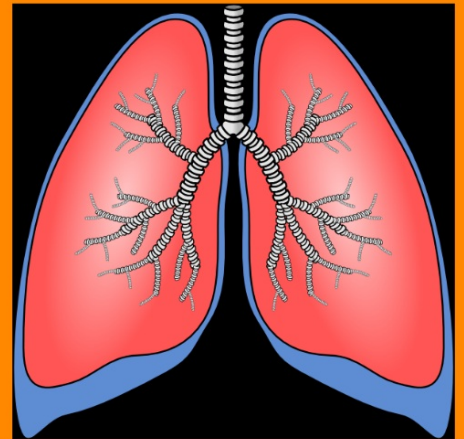
We can be active in so many different ways.

Place your hand on your hearts and feel the beats.
Count how many times hearts beat in 15 seconds.



Breathe quicker
What happens?

Breathe slower
What happens?



Our hearts and lungs always work together and
are very important parts of your body.

Just spend a few minutes to think of how you could ensure your hearts and lungs get stronger (fitter).

I thought of skipping, running, jogging. Did you think of any others?



To finish the lesson today I would like you to complete the following two sentences;

To keep our hearts healthy we can...

It is important to keep our hearts healthy because..

