

YEAR 2 – PSHE

Subject	PSHE
Class / Division	Year 2A,B,C,D,E
Week	23 (31 st Jan – 4 th Feb 2021)
Work send to students via	Zoom
Total number of lessons per week	1
Lesson	Topic – Eating Healthy Learning Objective - Explain the importance of having a healthy breakfast, lunch and snacks to stay energized and focused at school. Learning Outcome: In this lesson, students will learn to identify the importance of eating healthy food and how it makes them healthy and strong.
Tasks	<ul style="list-style-type: none">• https://youtu.be/p_0sdXy6Yf4• Discuss about different timing of eating, its names and what to eat.• Write and draw healthy food and its benefits.• PPT will be shown.
Resources	<ul style="list-style-type: none">• <i>PSHE file</i>• <i>Video</i>• <i>PPT</i>