

## Year 4 A - F - PSHE

<b>Subject</b>	PSHE
<b>Class/Division</b>	Year 4 A-F
<b>Week</b>	23 (31 <sup>st</sup> JAN - 4 <sup>th</sup> FEB 2021)
<b>Work sent to students via</b>	<b>ZOOM</b>
<b>Total number of lessons per week</b>	1
<b>Unit</b>	UNIT 6- Leisure and Work
<b>Lesson 1</b>	<b><u>Topic:</u> Leisure and Work</b> <b><u>Learning Objective-</u></b> Develop an understanding of the ways in which leisure activities can promote mental and physical health. <b><u>Learning Outcome-</u></b> <ul style="list-style-type: none"><li>• To be able to strike a balance between work and leisure activities.</li><li>• To realise that leisure and free time is extremely essential for our growth and development</li></ul>
<b>Task-</b>	Discussion, explanation and a question answer session will be done in class during zoom.
<b>Resources –</b>	PSHE file, videos and PPTs