

Year 4 - PSHE

Subject	PSHE
Class/Division	Year 4 A-F
Week	25 (14th – 18th FEB 2021)
Work sent to students via	ZOOM
Total number of lessons per week	1
Unit	UNIT 6- EXERCISE
Lesson 1	<p><u>Topic:</u>1) EXERCISE</p> <p><u>Learning Objective:</u> Value the benefits of exercise.</p> <p><u>Learning Outcome-</u></p> <ul style="list-style-type: none"> • To be able to understand that when you exercise, you are helping to build a strong body that will be able to move around and do all the stuff you need to do. • To realise that if you do a little bit of exercise or moving every day it helps your body grow and become much stronger. <p>Teacher: Discusses the following pointers with students...</p> <p>Regular exercise has lots of health benefits for children and young people, such as:</p> <ul style="list-style-type: none"> • improving fitness • providing an opportunity to socialize • increasing concentration • improving academic scores • building a stronger heart, bones and healthier muscles • encouraging healthy growth and development • improving self-esteem • improving posture and balance • lowering stress • encouraging a better night's sleep <p>PSHE file, videos (The importance of exercise)</p> <p>https://www.youtube.com/watch?v=wWGuILaA000</p> <p>https://www.youtube.com/watch?v=wVF7DKscA8</p>
Task-	
Resources-	