

Year 4 - PSHE

Subject	PSHE
Class/Division	Year 4 A-F
Week	26 (21ST- 25TH FEBRUARY 2021)
Work sent to students via	ZOOM
Total number of lessons per week	1
Unit	UNIT 6- EXERCISE (CONTINUED)
Lesson 1	<p><u>Topic:</u>1) EXERCISE (CONTINUED)</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.
Task-	<p>Tr discusses the following pointers with students about the importance of exercise.</p> <ul style="list-style-type: none"> • have a better outlook on life • Better able to handle physical and emotional challenges — from running to catch a bus to studying for a test. • Improved self-perception –perceive that they can function more competently when playing movement games. • Improved self-esteem and confidence • gain practice and social skills interacting with peers that they play motion games • they will have to take risks, and be more willing to challenge themselves
Resources –	<p>PSHE file, PPT (The importance of exercise)</p> <p>Will be posted on GC for reference</p>