

Lesson number and title	Strand	Objectives	Overview
1. What's so good about exercise?	Health Education	To understand the characteristics and mental and physical benefits of an active lifestyle.	The lesson focuses on physical health through exercise. In circle time, pupils share what their favourite exercise is. They then create easy-to-follow instructions for their favourite exercise that will be used to produce a class book, which they can each use to gain inspiration.
2. Let's have fun and get fit!	Health Education	To understand the characteristics and mental and physical benefits of an active lifestyle.	Using the activity instructions they prepared in the previous lesson, pupils teach their favourite exercises and learn new fun ways of keeping fit from each other. They learn that fun activities can also be free.
3. What happens to my body if I don't exercise?	Health Education	To understand the risks associated with an inactive lifestyle (including obesity). To know about simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Pupils consider what happens if we become inactive. They explore these ideas by role-playing a visit to a health clinic and create a dialogue between doctor and patient, which they act out to highlight the solutions available.
4. Getting healthy outdoors	Health Education	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	This lesson focuses on the benefits of physical exercise and time outdoors. Pupils have the time to play or be outside, depending on the school's location. They look at different activities that can be done outside, along with learning how to assess risk.
5. Recognising ill health and asking for help	Health Education	How and when to seek support, including which adults to speak to in school if they are worried about their health.	Ill health – physical and emotional – what does it look like? Pupils learn who to go to for help and support if they need it, and about the importance of looking out for their friends. They prepare posters for different age groups within the school, showing the information they have learned about this.