

Teaching Youth Social Action through Personal, Social, and Health Education

PSHE education equips students with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives.

H13	The importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities
H14	The benefits of physical activity and exercise for physical and mental health and wellbeing
H15	The importance of sleep and strategies to maintain good quality sleep
H11	Make informed lifestyle choices regarding sleep, diet and exercise Investigate the impact of making unhealthy choices. And the importance of diet and exercise
H17	The role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices Name the food components and describe what each component is needed for in the body Create a healthy eating guide to share with parents/carers Investigate the link between food and energy - how do we ensure everyone has a healthy diet?
H18	What might influence decisions about eating a balanced diet and strategies to manage eating choices? Investigate the impact of food poverty, financial poverty, and homelessness on our decision to eat a healthy balanced diet How can we change our diet? Educate others

Additional resources

People are always telling us to be healthy—but what does that actually mean?

What does being healthy mean? (6:34mins)

In the internationally acclaimed The Very Hungry Caterpillar, a tiny caterpillar eats and eats...and eats his way through the week.