

# Physical health and wellbeing

Summer 2



# Year 1

Fun Times

## Lesson Outlines

### Discussion Questions

*When do you share special food together?*

*What games do you play? What game did I play?*

*Why do we need to be careful in the sun?*

### Reading Materials

- *Festival time: series, Jonny Zucker*
- *I like to play, Marla Stewart Konrad*
- *Acker Backer Boo! Games to play from around the word, Opal Dunn*

### LESSON ONE

Pupils learn about food that is associated with special times, in different cultures

Pupils • know about some of the food and drinks associated with different celebrations and customs • can identify what makes their home lives similar or different to others, including the food they eat • understand why food eaten on special days may be different from everyday foods

### LESSON TWO

Pupils learn about active playground games from around the world

Pupils • can describe how to play different active playground games • can recognise how active playground games make them feel • can make choices about which game to play, based on their feelings, likes and dislikes and what they are good at

### LESSON THREE

Pupils learn about sun-safety

Pupils • know about some of the effects of too much sun on the body • can describe what people can do to protect their bodies from being damaged by the sun • know what they will need and who to ask for help if they going out in strong sun