

Ready, Steady, Go

We are learning about how exercise and healthy eating helps our bodies to stay healthy

We can:

- Identify and locate the heart, lungs, brain and muscles
- Explore different ways we can exercise
- Explain some ways we can keep ourselves safe when we are exercising
- Classify 'everyday' and 'sometimes' foods
- Explain why exercise and eating 'everyday foods' is important for our health
- Describe thoughts and feelings we have in new or scary situations and how we can help ourselves with positive thoughts
- Take part in Harold's Healthy Challenge





Ready steady go!

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