

Community Cop Cards sticker information:

Healthy Lifestyle

Purpose – This sticker is designed to encourage children to develop a healthier lifestyle which includes learning about diet as well as the importance of participating in physical activity.

Approach- Change for Life provide “Be Smart Resources” these help pupils discover what's in their food and make healthier choices with a curriculum-linked assembly, films, lesson plans and whole-school ideas.

Participation in sport or physical education is an important part in the holistic development of young people. Skills learned through play, physical education and sport contribute to the development of key skills in young people: honesty, team work, respect for themselves and others, an interest in health and adherence to rules.

Tasks to complete to receive the sticker- In order to get this sticker each child must participate in the lesson on being food smart and take part in some form of physical activity.

The class will need to complete a lesson based on the Be Food Smart: KS2 Toolkit or; an equivalent PSHE lesson to help teach your class what's in our food and how to make healthier swaps to eat less sugar, saturated fat and salt. It will also need to cover the importance of physical exercise and keeping active.

It is acknowledged that not all children will already be involved in organised activities or play for teams. This sticker is about discussing the importance of physical activity with all children especially for those who do not participate and encouraging them to try something. It could be a trip to their local swimming pool, participation in your school sports day or a class game of rounder's.

Resources to use- Teachers have access to a free KS2 Toolkit and can download those for a lesson. Children need to then take their own initiative and can decide how ever they wish to display some healthier lifestyle choices or commitment to be more active.