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## Documentation

**Activity:**  
P5

**Name of the activity:**  
Healthcare.

**Country:** UK

**Pupils age:**  
4-11

**Place:**  
School hall

**Date:** June 2019

**Number of pupils:**  
Whole school

**Subject:**  
Science

**Connection to other subjects:** PSHD.

### Preparatory activities:

The school has contacted the School nurse team from the hospital to help us with this activity.

The school nurse is going to do two assemblies about healthy minds and healthy bodies for Reception, KS1 and KS2 children.

### Activity:

#### Reception and KS1:

The school nurse is leading an assembly about healthy eating. She does some brainstorming questions for the children and then she talks about the food that is good for our bodies and the food that isn't.

#### KS2:

The school nurse is leading a 45 minutes assembly about healthy bodies and healthy minds in the school hall. She does some brainstorming questions and then she talks about the

important facts children should know. She incorporates a story to understand it more deeply.

### **Subsequent activities:**

After the information given, children participate in role play games, where they need to decide what choices are the best and why regarding healthy eating and healthy minds.

### **Results:**

Children can talk about healthy food, what makes a healthy body and a healthy mind.

Children help to make a display in the school to show what they have learnt in these sessions.

Reception children apply their learning when they are playing in the classroom by cooking healthy meals.

### **Comments:**

Teachers found these sessions very interesting for the children and they believe this can be booked every two years to make children aware of the right choices when keeping their bodies and minds healthy.