



ECO SAYS: A HEALTHY BODY,  
EQUALS A HEALTHY MIND,  
EQUALS A HEALTHY PLANET!



### All you need to know!

Schools with 1 x Yr1 and Yr2 classes of 30 the 2 sessions have been designed to lead on to each other.

At £275.00 per day to deliver to 120 children, 4 x 1hr 30 children sessions. An excess of 120 children becomes £1.00 per child.

This includes all fully ofsted...able learning materials, foodie game resources, healthy allergy conscious food prizes and never forgetting a fruit or vegetable toast to a healthy lifestyle. Arriving 1 hour before commencement of the programme ,your hall will be transformed to deliver the Mr healthy WOW factor. Flexibility is key and organisation is simple! The sessions will be built to incorporate your assemblies, lunch and all other activities. All Mr healthy needs is your hall, projector and screen.



## Mr Healthy in action!



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# Mr. Healthy



lifestyle coach

## One Life, Live it! By popular demand!

Sowing the seeds for your children's physical and mental wellbeing in a fun, interactive, innovative workout! Delivered in a safe, secure educational environment with the WOW factor guaranteed. Designed for Yrs 1 & 2 and as always to meet the needs of the National Curriculum: Sc1/2.2d, Sc2/2.3c, Sc2/2.3b. PE1/1.1a, PE1/1.1b, PE1/1.1c.

### Lesson: One Life Live it!

AGE: KS1

**AIMS:** Introduce the body, it's senses and the importance of a balanced diet.

**OBJECTIVES:** 1) Define food, 2) List 15 body parts, 3) Define a balanced diet, 4) State why food is important to the body, 5) Name the 4 flavours, 6) State 4 senses we use to enjoy food. 7) Identify the food groups, 8) Understand the need for physical exercise and mental wellbeing.



**FOOD FOCUS:** Food groups

**THE GAMES:** Know your anatomy, Hit the bin, Crazy kitchen science; the cold food volcano, A very fishy relay race, Power or accuracy the age old dilemma, Dance the funky chicken, True or False, save the Coach.

### Lesson: Healthy bones, down at the dairy

AGE: KS1

**AIMS:** Impress the need for healthy bones, how they move and how healthy food, exercise and the mind affect their development.

**OBJECTIVES:** 1) Define Milk, Cheese, Butter and yoghurt, 2) name 10 body bones, 3) identify Calcium and phosphorous, 4) State 5 bone foods, 5) understand how muscles move bones, 6) list 5 muscle foods. 7) Appreciate why bones, muscles and the mind need to be healthy in order to work together as a team, 8) link humans to animals.

**FOOD FOCUS:** Food groups

**THE GAMES:** Build "dem bones", the anatomy memory game, Milk Magic, Crazy kitchen science, Butter fingers, a Cheesy challenge, positivity activity, Do you know your ingredients? The Coach says!



Please visit the website for completed lesson plans.

