**High 5 Lesson Plans by Subject**

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| **Physical activity?** | **Healthy weight?** | **Critical consumer skills?** | **Nutrition** |
| Physical activity lesson p5 to 7 | I am unique | Breakfast cereal lessons (x2) p6 & | Breakfast cereal lessons p6 & 7 |
|  |  | Likes and dislikes | Eatwell Plate |
|  | Hunger and fullness | Food marketing and your health | Rising Stars x 3 |
|  | Celebrity body image | Celebrity body image | Give me 5 |
| Guidance notes on physical activity | Guidance notes on healthy weight | Rising Stars x 3 | Foods to eat more or less of |
|  |  | More likes & dislikes | Taste the rainbow |
|  |  |  | Fish |
| Session 1 – p3 to 7 | Session 1 – p3 to 7 |  | Session 1 p3 to 7 |
| Physical activity – p1 to p7 |  |  |  |
| Model session 8 – p6 &7 | Model session 8 – p6 &7 | Model session 8 – p6 &7 | Model session 8 – p6 &7 |
| Session 8 – p1 to 3 | Session 8 – p1 to 3 | Session 8 – p1 to 3 | Session 8 – p1 to 3 |
| What’s a healthy person – P1 to 2 | What’s a healthy person – P1 to 2 |  | What’s a healthy person – P1 to 2 |
| Body parts lesson | Body parts lesson |  | Body parts lesson |
|  |  |  | Extra Nutrition Tools P6-P7 |
|  |  |  | Tree analogy slide (p6 to high school) |
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