|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Lesson** | **P1** | **P2** | **P3** | **P4** | **P5** | **P6** | **P7** |
| I am Unique | ✓ | ✓ |  |  |  |  |  |
| What Is a Healthy Person ? | ✓ | ✓ |  |  |  |  |  |
| Taste the Rainbow | ✓ | ✓ |  |  |  |  |  |
| Foods to Eat More or Less Of | ✓ | ✓ |  |  |  |  |  |
| Likes and Dislikes | ✓ | ✓ |  |  |  |  |  |
| More Likes & Dislikes P3-4 |  |  | ✓ |  |  |  |  |
| What is Physical Activity – Early level | ✓ | ✓ |  |  |  |  |  |
| Learning through stories and rhyme (5 stories) | ✓ | ✓ |  |  |  |  |  |
| What is physical activity – First level |  |  | ✓ | ✓ | ✓ |  |  |
| What are the benefits of physical activity and sleep? – First level |  |  | ✓ | ✓ | ✓ |  |  |
| Physical activity and food – First level |  |  | ✓ | ✓ | ✓ |  |  |
| Physical activity benefits – second level |  |  |  |  |  | ✓ | ✓ |
| Physical activity opportunities – second level |  |  |  |  |  | ✓ | ✓ |
| Fuelling your body for physical activity |  |  |  |  |  | ✓ | ✓ |
| Fit 15 activities (several for each stage) | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Fish |  |  | ✓ | ✓ |  |  |  |
| Final Session (Lower primary) | ✓ | ✓ |  |  |  |  |  |
| P3-7 Session 1 |  |  | ✓ | ✓ | ✓ | ✓ | ✓ |
| Give Me 5 – Rosey Parker Investigates |  |  | ✓ | ✓ | ✓ |  |  |
| Eatwell Guide (replaces Eatwell Plate lesson plan) |  |  |  | ✓ | ✓ | ✓ | ✓ |
| Physical Activity / Eatwell / Body Parts |  |  |  |  | ✓ | ✓ | ✓ |
| Breakfast Cereals -1 (back of pack) |  |  |  |  | ✓ | ✓ | ✓ |
| Breakfast Cereals 2 (front of pack) |  |  |  |  | ✓ | ✓ | ✓ |
| Food Marketing |  |  |  | ✓ | ✓ | ✓ | ✓ |
| Rising Stars 1 |  |  |  | ✓ | ✓ | ✓ | ✓ |
| Rising Stars 2 |  |  |  | ✓ | ✓ | ✓ | ✓ |
| Rising Stars 3 |  |  |  | ✓ | ✓ | ✓ | ✓ |
| Hunger & Fullness |  |  |  |  |  | ✓ | ✓ |
| Celebrity / Body Image |  |  |  |  |  | ✓ | ✓ |
| Model – session 8 (Upper primary) |  |  |  |  | ✓ | ✓ | ✓ |
| Extra Nutrition Tools (Importance of varied and regular eating) |  |  |  |  |  | ✓ | ✓ |