

INTRODUCING LIFELAB HEALTH WARRIORS



Health Adventurers

EY (age 4-5)

To give students the opportunity to explore how their bodies respond to physical activity and to find out why this is important for health.

Health Investigators

KS1 (age 5-7)

To give students the opportunity to explore what being healthy means in terms of both diet and exercise.

Health Detectives

Lower KS2
(age 7-9)

Students become 'Health Detectives' through a variety of enquiry based and cross-curricular challenges that develop their understanding of diet, nutrition, physical activity bones and muscles.

Health Heroes

Upper KS2
(age 9-11)

Students learn about the human circulatory system, the factors that contribute to overall health and what might influence our health behaviours, leading them to become 'Health Heroes' and get involved in school health campaigns.

HEALTH WARRIOR MODULES

Health Adventurers

EY (age 4-5)

- *Video (Ace)
- *Keep running gingerbread man
- *Video (Wizz)
- *60 Minutes to Move track
- *Activity Zone
- *Health Adventurers role play
- *Save the Gingerbread Man!
- *Health Warrior Promise
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- Sleep: (EY and KS1 will have the same video)
- *Video (Snooze & Q)
- *Create a bedtime routine (also link to mental health)

Health Investigators

KS1 (age 5-7)

- *Video (Crunch)
- *The Eatwell Guide activity
- *The Healthy Cafe activities
- *Video (Crunch & Wizz)
- *Raise your heart rate activities
- *Health Warrior Promise
-
- Sleep: (EY and KS1 will have the same video)
- *Video (Snooze & Q)
- *Bedtime routine
- *Sleep and mental health

Health Detectives

Lower KS2 (age 7-9)

- *Video (Crunch)
- *Snack Attack
- *Exploring bones
- *Strong bone challenge
- *Bendy bones
- *Video (Ace)
- *Bone hero - vitamin D
- *Take action 1 - design 10 minute physical activity
- *Take action 2 - promote your activity in school
- *Health Warrior Promise
-
- Sleep: (one video for KS2)
- *Video (Snooze & Q)
- *Sleep routines activities

Health Heroes

Upper KS2 (age 9-11)

- *Video (Ace)
- *Blood
- *The Circulatory System
- *The Heart
- *Health Heroes
- *Diet
- *Exercise
- *Video - Health Campaign (Buddy)
- *Health Campaign
- *Health Warrior Promise
-
- Sleep: (one video for KS2) (Snooze & Q)
- *Video & activities

HEALTH ADVENTURERS

(FOUNDATION STAGE 4-5 YEARS OLD)



'Ace Calling' - video call from Ace with an exercise challenge



*Keep Running Gingerbread Man! (reading the text and opening a conversation about the exercise they currently do)

- *The 60 Minutes to Move track
- *Activity Zone
- *Health Adventurers role play
- *Save the Gingerbread Man!
- *Health Warrior Promise



'60 Minutes to Move' Video - why we exercise, and ideas to keep moving



Video-
The importance
of sleep



*Healthy sleep routines
activity

HEALTH INVESTIGATORS

KS1 (5-7 YEARS OLD)



'Dinner Dilemma' video - Crunch concerned about his friend's meal



*The Eatwell Guide activity
*The Healthy Cafe activities

*Raise Your Heart Rate activities
*Healthy Warrior Promise

'Raise Your Heart Rate' video - focus on exercise



Video - The importance of sleep.



*Healthy sleep/bedtime routines activity.

HEALTH DETECTIVES

LOWER KS2 (7-9 YEARS OLD)



'Snack Solutions' video
- children asked to
design a healthier
school snack menu



- *Snack attack/Power of Veg
- *Exploring bones
- *Strong bone challenge
- *Bendy bones

- *UV torch activity
- *Mighty Muscles
- *Take action 1 - design 10
minute physical activity
- *Take action 2 - promote
your activity in school
- *Health Warrior promise

'Sunshine Vitamin' video -
explaining the importance
of vitamin D and the
role of sunshine



Video about sleep
and the factors
that affect it



Session about sleep -
investigation into routines

HEALTH HEROES

UPPER KS2 (9-11 YEARS OLD)



Video about blood and the heart and the role they play in our body



- *Blood
- *The Circulatory System
- *The Heart
- *Health Heroes
- *Diet
- *Exercise

- *The Campaign
- *The Campaign 2



Video introducing the Health Campaign



Video about sleep and the factors that affect it



Session about sleep - investigation into routines