

Community
teachspot



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MOVE UP

to be healthy and happy

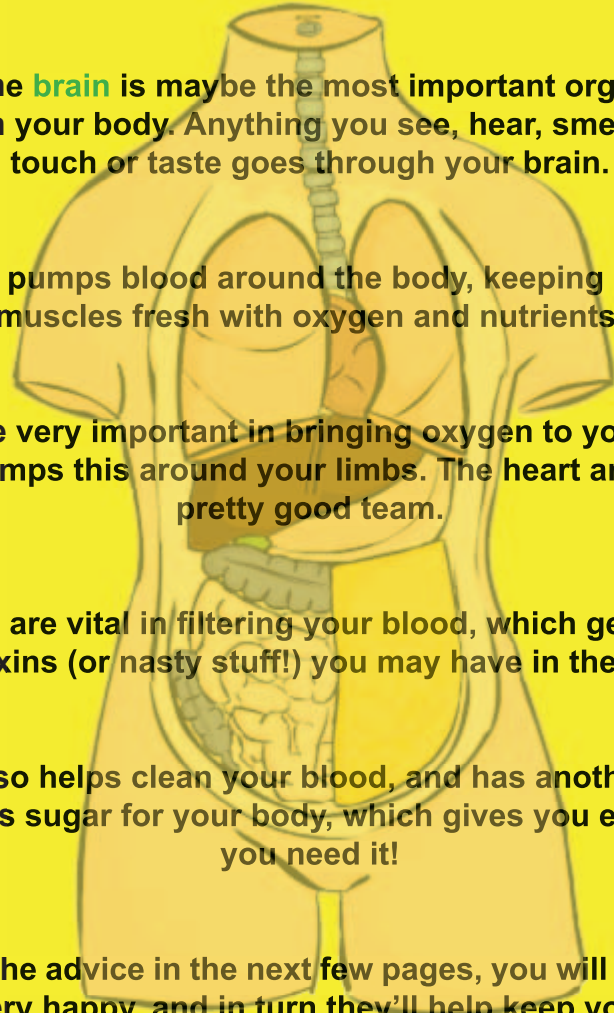


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Know your body

To keep healthy, it is important to know about your body, and the different things the body does to keep you feeling well.

Did you know...?



The **brain** is maybe the most important organ in your body. Anything you see, hear, smell, touch or taste goes through your brain.

The **heart** pumps blood around the body, keeping all of your muscles fresh with oxygen and nutrients.

The **lungs** are very important in bringing oxygen to your body, your heart then pumps this around your limbs. The heart and lungs are a pretty good team.

The **kidneys** are vital in filtering your blood, which gets rid of any toxins (or nasty stuff!) you may have in there.

Your **liver** also helps clean your blood, and has another important job. It stores sugar for your body, which gives you energy when you need it!

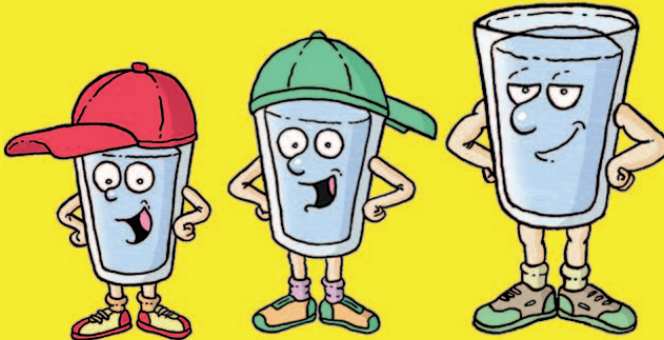
If you follow the advice in the next few pages, you will keep all these organs very happy, and in turn they'll help keep you healthy.

A healthy diet



Above are the food groups, everything you eat will come under one of these sections.

You should eat as many **fruit and vegetables** as you can, these contain important things for your body.



You should **drink water** throughout the day, to keep your body nice and hydrated.

Always remember, breakfast is the most important meal! It will keep you full until lunch time, and let you concentrate for the whole morning at school.

Hygiene

Good hygiene, keeping yourself nice and clean, is also very important to keeping healthy.

Shower or have a bath regularly...If your body is clean, it will be happy and keep you healthy.



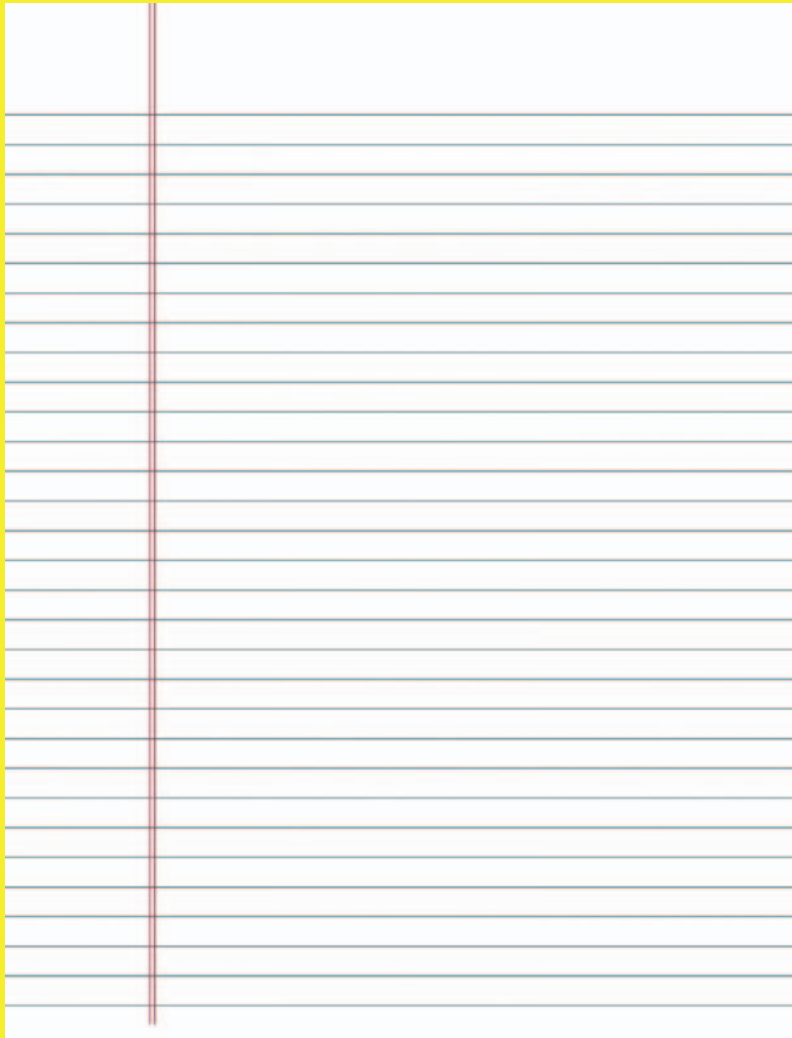
Brushing your teeth is very, very important, at least twice a day. Morning and before bed are the best time.



Also, remember to wash your hands before every meal, and after you've been to the toilet. Any dirt on your hands can get in to your mouth when you eat, which can make you feel very unwell.

Diary... How active are you?

**Below is a diary page for you to complete.
Can you fill in when you have had some exercise this week, and
what you did?**



Anyone between the ages of 5-11 should aim for at least 1 hour of exercise every day...As long as you also eat and drink healthily, the more exercise the better.

And always remember a good night's sleep is very important at the end of the day.

Eat healthy ... Easy recipe #1

Remember, whenever cooking or preparing food, always have an adult nearby to help you!

Sweet Sausage Casserole

Serves 4 children (suitable for ages 1 year +)

Ingredients:

- 1 tbsp olive oil**
- 1 onion, peeled and chopped**
- 8 good quality sausages, cut into chunks**
- 1 large red eating apple**
- 1 medium sweet potato, peeled and diced**
- 1 small butternut squash, peeled and diced**
- 1 400g can of chopped tomatoes**
- 1 chicken stock cube, crumbled**
- 1 tsp tomato paste**
- A pinch of pepper**
- A dash of hot water**

Instructions:

Preheat the oven to 170°C/ 325°F / Gas 3

Heat the oil in a flameproof casserole dish over a medium heat, cook the onion until transparent, for about 8 minutes. Add the sausages to the dish with the onions and brown gently for a further 8 minutes until lightly browned.

While the sausages are cooking, slice and core the apple (don't worry about the peeling) When the sausages are ready, add the apple slices to the pan with all the vegetables, and finally the rest of the ingredients and add a dash of hot water.

Stir well and bring to a simmer. Put the lid on the casserole dish and cook for another 30-45 minutes, check the dish 2-3 times and stir. Alternatively you could cook on the hob, checking from time to time that the food isn't sticking.

Eat healthy ... Easy recipe #2

Tomato Sauce with hidden vegetables

Ingredients:

- 2 tins of chopped tomatoes**
- 1 medium onion, peeled and chopped**
- 3 carrots, chopped**
- 1 medium sweet potato, peeled and diced**
- 1 clove of garlic**
- 3 sticks of celery, chopped**
- 1 courgette, diced**
- 1 tsp of olive oil**

Instructions:

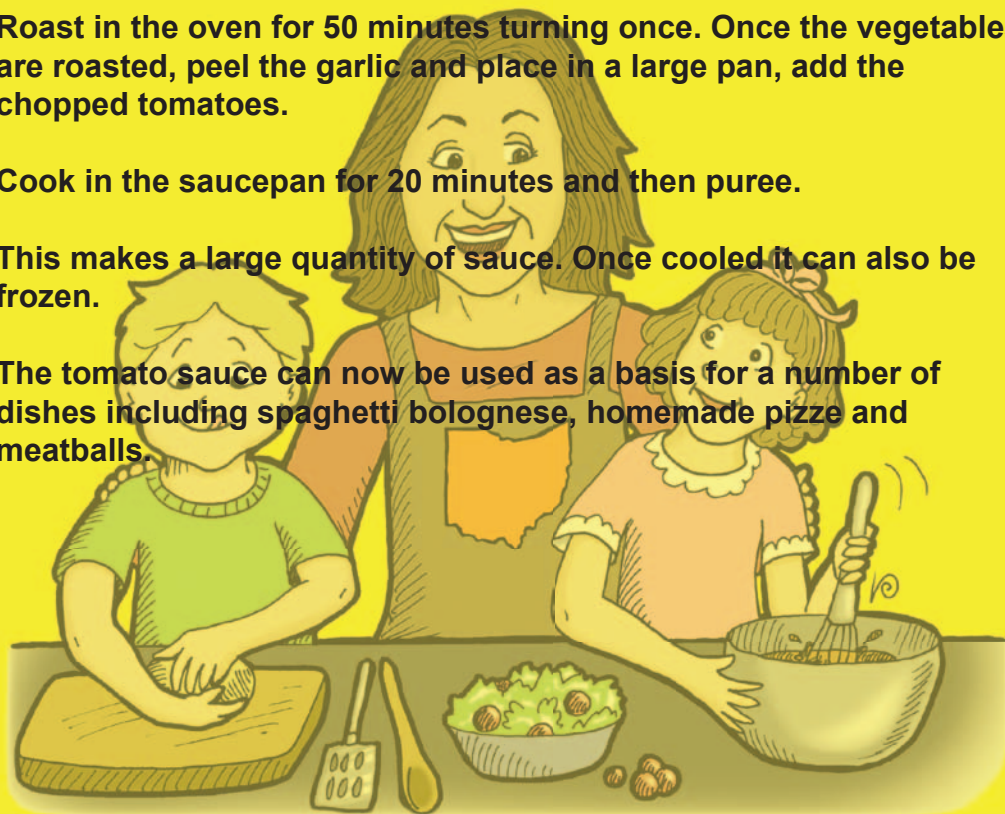
Place the onion, carrots, sweet potato, celery, courgette and whole unpeeled clove of garlic in a roasting pan. Coat ingredients with oil.

Roast in the oven for 50 minutes turning once. Once the vegetables are roasted, peel the garlic and place in a large pan, add the chopped tomatoes.

Cook in the saucepan for 20 minutes and then puree.

This makes a large quantity of sauce. Once cooled it can also be frozen.

The tomato sauce can now be used as a basis for a number of dishes including spaghetti bolognese, homemade pizza and meatballs.



Get active

There are some very simple activities you can play in your own home, whether with friends or alone...it is up to you!

INDOOR MINI ASSAULT COURSE

You could set up a mini assault course in your own living room! All you need are a few chairs to climb under, some small things to jump over, and you are away!

You can either try to beat your friends in a race, or time yourself and see if you can beat your record.

Remember, always ask a parent or guardian to help you with this, we wouldn't want anyone to hurt themselves!

TARGET PRACTICE

Using just a rolled up pair of socks, and a small empty bin/box, you can play for hours!

You could see how many times in a row you could get the socks in the bin on your own, play against others, or throw from further and further back...Use your imagination!

Remember to always be careful, you don't want to go breaking any adult's things!

BALLOON VOLLEYBALL

Probably the only way you'll ever be allowed to play volleyball indoors! All you need is a balloon, and something to divide the room in to two. If you use your imagination, there are hours of games you could play!

Get active

There are a number of games you can play outside, in a garden or park, that are simple to play and are excellent exercise. Below are a few examples, but try be creative and create your own.

PLAY PARK RACE

If you have a local park with a good sized play park, the possibilities are endless!

You can race around, again with friends or on your own, to try beat your record.

BULLDOG

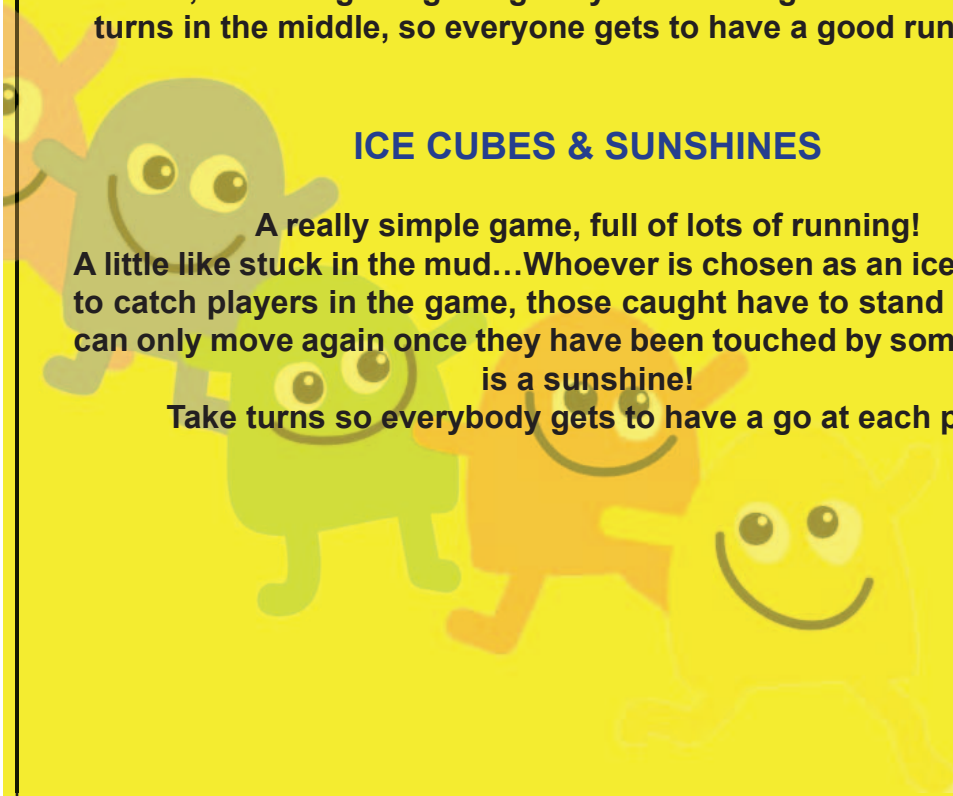
Some of the oldest games are the best! Simply get from one area to another, without getting caught by the Bulldog in the middle. Take turns in the middle, so everyone gets to have a good run around.

ICE CUBES & SUNSHINES

A really simple game, full of lots of running!

A little like stuck in the mud...Whoever is chosen as an ice cube has to catch players in the game, those caught have to stand still. They can only move again once they have been touched by someone who is a sunshine!

Take turns so everybody gets to have a go at each part.



Quiz

Can you remember what we've learnt about being healthy and happy?

Below are 5 questions...see what you can remember.

You can always look back if you don't know the answers and remind yourself...

1) Can you remember what the heart pumps around the body?

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2) Do you know which part of the body helps you see, hear, touch, smell and taste?

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3) What should you drink plenty of to keep hydrated through the day?

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4) Can you remember the 2 groups of foods you should eat a lot of? There's a little clue below.

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5) How much exercise should children do each day?

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About Teachsport and Move Up

The project “Move up to be healthy and happy” co-funded by the Erasmus+ Programme of the European Union was launched in January 2016. The project is designed to diagnose problems connected with children’s health, nutrition, physical and personal development, integration and assimilation. Possible solutions that could help children in facing their problems are to encourage them to do sports and show how to live healthily.

The project includes a programme which appears in a comprehensive approach to children and their lives. The project will include not only children but also their teachers and parents who will get knowledge on how to ensure healthier lives for children.

<http://moveupproject.blogspot.co.uk/>

In Partnership with:

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Quiz answers

- 1) **Blood**
- 2) **Brain**
- 3) **Water**
- 4) **Fruit and vegetables**
- 5) **1 hour (minimum)**





Teachsport was established in 1999. Since then, it has grown considerably and is now a well-respected and professional company delivering National Curriculum Physical Education teaching.

From small beginnings in a few Lewisham Borough schools, Teachsport are now delivering a wide variety of coaching and tutoring activities to over fifty schools in several London boroughs.

Teachsport also manages and delivers commissioned holiday and evening programmes, focussing on a belief that young people should be enthused to become involved in 'physical activity for life' and be given the opportunity to live a 'healthy lifestyle'.

**Website: www.teachsport.org
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