

Safe

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p style="text-align: center;">Food Safety</p> <p>P1 Prepare a simple snack at home, washing and drying your hands carefully before you start.</p> <p>P2-P4 Do you know what foods need to be stored in the cupboard and which in the fridge? Discuss this with an adult at home.</p> <p>P5-P7 Research E.coli which is a type of bad bacteria that causes food poisoning. Know all about it: where it is found, conditions that help it grow and multiply, the effect it has on humans, treatments to get rid of it. Share what you find on Teams.</p>	<p style="text-align: center;">Emergency situations</p> <p>P1 Get help at home to remember some contact details e.g. mummy’s phone number. Try saying it as part of a rhyme or song so you know it off by heart!</p> <p>P2-P4 Think about people in a community who help us-test out your knowledge on an adult at home and see how many they can come up with!</p> <p>P5-P7 In school we have regular fire drills so we all know what to do in an emergency. With an adult, discuss what you do to stay safe if you were in a building other than school and there was a need to evacuate e.g. home/cinema /shopping centre/ LLCC.</p>	<p style="text-align: center;">Sport and Safety</p> <p>P1 Makes sure you always wear a helmet when you are on your bike or scooter and make sure it fits you properly.</p> <p>P2-P4 Lots of sports require protective clothing. Make a list of the sports that do and what the items are. Discuss with an adult why they are necessary.</p> <p>P5-P7 Cycle Safety: research road signs and be able to describe them and explain what they are and what you need to do at them if you are out on your bike. For example: what does the sign for “No Left Turn” look like? What about the sign for a mini roundabout? What do you need to do when you approach one? Share on Teams</p>