

PHSE Activities

- 1. Make a PowerPoint presentation / Word Doc or Poster on exercise and sleep. Research & include - Benefits of exercise. What should be included in a healthy diet. Benefits of sleeping. Risks of no exercise & poor diet.**

OR

- 2. Make a PowerPoint / Word Doc / Poster on Drugs, Cigarettes and Alcohol. Research and include - How cigarettes, drugs and alcohol can all impact negatively on your health.**