

Head, Heart and Muscles

With your partner, discuss each area and what will help to keep it healthy or what will damage it.
Choose carefully as there are some tricky ones!

	Healthy	Damaging
Head		
Heart		
Muscles		

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Cut out the symbols below and stick them to the right area. Remember some are just there to challenge you as they are not needed.

