



**Year Group:** Year 1 and 2

**Length:** 29 mins

**Starting Positions:** Sit in your own space on the floor

### Learning Intentions:

*To know about...*

- The importance of eating a healthy breakfast, healthy snacks and balanced meals
- The value of exercise and a good sleep

### Synopsis:

- It's the day of the school concert and you're practising your drum pattern – no time for breakfast.
- You can walk or get a lift to school with Freya – you choose a lift.
- Assembly is about Healthy Living – it's boring and you get sent out where you discover a machine.
- The machine shrinks you and puts you and Freya inside a submarine in your friend Zain's body.
- You have to find food to power the sub but there isn't anything healthy available.
- You go to the brain to control Zain's food and drink but it goes wrong when he drinks cola not water.
- You help Zain to choose a balanced meal so the sub now has energy too.
- Zain's body thinks that Freya is food and tries to digest her! You rescue Freya.
- The sub gets stuck; you tap your drum pattern to make Zane sneeze you out!
- After a good sleep, healthy food and walking to school you're ready for the postponed concert.

### Characters

- **Mum**
- **Freya** - your friend
- **Zain** - another friend – you and Freya go inside his body!
- **Mr Alfredo** - your teacher, builder of the body sub machine
- **Sub's Computer** - like a sat-nav and gives good food advice

### Locations:

- **Home**
- **Freya's mum's car**
- **School**
- **Inside the body – stomach, brain, throat**

## Glossary:

- **Bodysub** – made-up name for a tiny submarine that can take us inside a body
- **Energy** – the power that makes things work
- **Balanced meal** – a healthy meal with a bit of everything and not too much of anything

## Discussion:

### Story & Factual

- What did you eat for breakfast at the beginning of the story?
- What did Zain give you in the playground?
- What did Mr. Alfredo's machine do?
- What did the Bodysub use for energy?
- Where did you go to control what Zain ate and drank?
- What would be a healthy breakfast?
- What type food makes a balanced meal?
- What would be a healthy snack?

### PSHE & Philosophical

- Would you like to go on an adventure in a body sub?
- What's your favourite meal / snack / drink?
- Is it easy to choose the healthiest food?
- How can you help your friends to choose healthy food?
- Are there any foods that you used to hate and you now like?
- What kind of exercise or sport do you like best?
- How long do you usually sleep at night?

## Resources:

You'll find these follow up resources on your shared drive:

- **Literacy Resources** – Punctuation & Grammar; Reading; Creative Writing tasks
- **Photo Storyboard** – order the images from the story (or use them for other things – e.g. writing)
- **Quick Quiz** – re-cap key facts
- **Or try some recount, report or creative writing ideas of your own!**