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| **Activities**<https://www.healthforkids.co.uk/staying-healthy/>  | **Websites/Videos**<https://school-learningzone.co.uk/key_stage_one/ks1_science/the_human_body/healthy_me/healthy_me.html><https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/><https://www.healthforkids.co.uk/staying-healthy/> <https://kidshealth.org/en/kids/fit-kid.html>  |

**Year 4 PSHE- Healthy Me**