



Year 6

PSHE transition

Lesson 3

Enough Sleep



Recap

What have you learnt so far during the Smart Moves lessons?



Enough Sleep

Why is sleep important?

List all the reasons that you can think of.



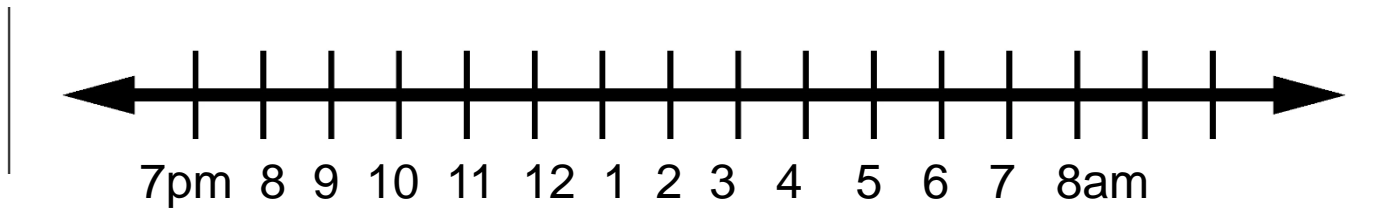
Lesson Aims

- Describe what happens when someone finds sleep easy.
- What happens if it is hard?



Activity Page 8

Use the time line on page 8.



What time do you regularly go to bed? Put it in the timeline.

What time do you usually wake up? Put it on the timeline.

Discuss the differences between those in the class.



Discussion

Discuss your timelines in the class.

Are the times similar?

How much sleep does a young person need?

Describe how someone feels after a bad night's sleep.



Question time....

Look at the questions on the sheet.

Write beside the question whether you agree or disagree



Activity Page 9

Having completed your sleep diary, answer the questions on page 9.

What things help you sleep?

What things stop you from sleeping?

How do you feel when you have not had enough sleep?