**Albert:** Welcome to Class 2’s assembly. Please stand up for the hymn.

**Sienna:** Lovely singing. Please sit down.

**Amari:** Our assembly is all about keeping healthy.

**Nahum:** We have been learning how to keep ourselves healthy in our Science lessons.

**Julia C:** We learnt that there are 3 main ways to keep ourselves healthy.

**James:** First, we learnt that exercise is very important because it helps our bodies to work properly.

**Julia G:** Exercise helps our muscles and our organs to work.

**Shawn:** We thought about all the different ways we could get more exercise.

*(Everyone acts out a way to take exercise).*

**Fiona:** Show your partner your favourite way to exercise.

*(Count 5 seconds)*

Thank you.

**Mathis:** What is your favourite exercise?

*(They reply to you).*

Thank you very much.

**Livia:** What is your favourite exercise?

*(They reply to you).*

Thank you very much.

**Prushoth:** Remember, we should do some exercise every single day.

**Cheri’ane:** Next we learnt that keeping clean is very important because it stops us getting ill.

**Whitney:** We thought about all the different ways we could keep ourselves clean and hygienic.

**Joel:** Brushing our teeth twice a day.

**Tiyana:** Washing our hair.

**Kristian:** Always wearing clean clothes.

**Suriya:** And the most important way - washing our hands.

**Fatimah:** Show your partner different ways you can be hygienic.

*(Count 5 seconds)*

Thank you.

**Ruby:** Last of all, we learnt that eating the right food can keep us healthy.

**Justice:** Here is a song that we have learnt about healthy and unhealthy foods.

*Everyone sings the song.*

**Caitlyn:** Talk to your partner about foods that are healthy and unhealthy.

*(Count 5 seconds)*

Thank you.

**Kaijaun:** Can you name an item of healthy food?

*(Ask someone in the audience).*

Thank you, most things that we eat should be healthy.

**Daniel:** Can you name an item of unhealthy food?

*(Ask someone in the audience).*

Thank you, we should only eat unhealthy food about once a week.

**Teddy:** We’ve learnt lots in our science lessons this half-term.

**Arianna:** We put all of our ideas together to make these healthy living posters.

**Abe:** Remember that it is very important to keep yourselves healthy.

**Jeremy:** And remember all the different ways you can keep yourselves healthy.

**Emmanuel:** Thank you for listening to our assembly.