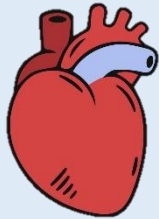


How responsible are we for our own health?

PSHE



National Curriculum Links:

Pupils should know:

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Essential Prior Learning:

Physical exercise involves moving the body.
 A person's diet is made up of the different foods and drinks they consume.
 We should be eating a variety of foods to be healthy.
 Everyone needs to sleep.
 Germs can cause illnesses and infections.
 Some people become ill if they eat or are exposed to certain substances because they are allergic.
 Talk about the time they spend online – how long for, when, etc.
 Make or prepare simple foods.

Progression in Skill:

How to make choices that support a healthy, balanced lifestyle including:

- how to plan a healthy meal
- how to stay physically active
- how to maintain good dental health, including oral hygiene, food and drink choices
- how and why to balance time spent online with other activities
- how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep
- how to manage the influence of friends and family on health choices.

That habits can be healthy or unhealthy; Strategies to help change or break an unhealthy habit or take up a new healthy one.
 How legal and illegal drugs can affect health and how to manage situations involving them.

Long-term Memory Knowledge:

Explain what is meant by a healthy, balanced lifestyle.
 Give examples of healthy food choices.
 Give examples of ways to be physically active.
 Name some of the things we need to do to keep our teeth and gums healthy.
 Know why it is important to balance time spent online with time spent offline and suggest ways to do this.
 Explain the importance of sleep and how to promote good quality sleep.
 Understand the impact friends and family can have on our health choices and suggest ways to manage this.
 Suggest ways to recognise unhealthy habits and possible ways to change or break these.

Know some of the ways that drugs, both legal and illegal, affect our health and suggest ways to manage situations involving them.

Key Vocabulary

physical activity	moving the body – not being still
lifestyle	the way you live your life
calories	units of energy
nutrition	what's in your food
legal	within or obeying the law
illegal	outside of or breaking the law
drug	substance that has an effect on the body
balance	having good or equal amounts of the necessary parts

Progression in Resources:

grater, knife, rolling pin, scone cutters
 heat source: oven, hob, microwave

Relevance

Now	Children can understand why they are asked to do particular things in relation to their health; they begin to make healthier/balanced choices for themselves.
Future	As adults, children make their own decisions to maintain a healthy lifestyle and encourage others in their family and friendship circle to do the same.
Aspiration	A career as a nutritionist, paediatrician, personal trainer, etc. is chosen.