

Why should we keep active and sleep well?

PSHE



National Curriculum Links:

Benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

Essential Prior Learning:

Different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest.
Eating and drinking too much sugar can affect their health, including dental health.
How to be physically active and how much rest and sleep they should have everyday
There are different ways to learn and play; how to know when to take a break from screen time.
How sunshine helps bodies to grow and how to keep safe and well in the sun

Progression in Skill:

How regular physical activity benefits bodies and feelings

How to be active on a daily and weekly basis – how to balance time online with other activities
How to make choices about physical activity, including what and who influences decisions
How the lack of physical activity can affect health and well-being
How lack of sleep can affect the body and mood and simple routines that support good quality sleep
How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried

Long-term Memory Knowledge:

Name some of the benefits of physical activity for your body and how you feel.
Suggest some ways to be active on daily and weekly basis and how to balance this with other activities – including time online.
Name people who can influence our decisions.
Name ways a lack of physical activity can affect our health and well-being.
Explain how the lack of sleep can affect our bodies and our moods.
Suggest people I can talk to and ask for support about physical activity, sleep and rest.

Key Vocabulary

physical activity	moving your body to stay healthy and strong, like running, dancing or playing games
energy	the power your body uses to move, play and think
mood	how you feel inside, e.g. happy, sad or tired
well-being	feeling healthy, safe and happy
routine	things you do regularly, like brushing your teeth or going to bed at the same time each night

sleep	resting your body and mind to help you grow and feel better
influence	something or someone that helps you make a choice, like a friend, family member or favourite show
healthy	when your body and mind feel strong and work well

Progression in Resources:

Timetables

Relevance

Now	Children understand how to keep themselves healthy and what impact that would have on them. Children know the importance of sleep. Children know who to talk about healthy lifestyle.
Future	Children know how to have a healthy lifestyle and make choices.
Aspiration	Healthy lifestyle plays an important role in the children's lives; they might go into a job such as a doctor, PE teacher, dietitian