

Sequence of Learning					
How can I keep myself safe? (NSPCC pants lesson)	What does a healthy meal consist of? (Eat well plate)	What is a <b>balanced</b> diet?  Which foods are healthy choices?  Which foods are less healthy?  Can I still eat some less healthy foods sometimes?	How does regular exercise benefit my health?	What are the risks of eating unhealthily and being less active?	How can I be healthier and more active in my own life?

**Vocabulary**

- Healthy
- Foods
- Fruit and vegetables
- Exercise
- Sugar
- Protein
- Fats
- Diary
- Carbohydrates
- Physical activity
- Mental health

- Safe
- Support
- Overweight
- Over eating
- Obesity
- Underweight
- Undereating
- Energy
- Vitamins
- Fuel
- Muscles
- bones

**Intended outcomes:**

- To know how to make informed decisions about health
- To know about the elements of a balanced, healthy lifestyle
- To know how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle
- To know how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health
- To know about rules that keep us safe
- To know about the people whose job it is to help keep us safe

**Previous Learning:**

In KS1 the children have had two terms learning about physical health and looking after the body through a healthy diet and exercise.

The children would have learnt about diet and exercise in their Y2 science unit.

**Preparing for:**

Healthier lifestyle and lifestyle choices.

Further and deeper learning in future into the role of specific food groups in keeping our bodies healthy.

**Bespoke to our school:**

Recent height and weight check revealed that obesity levels in school are above both the local and national average.

**Resources/ actions**

NSPCC pants session

Eat well plate

Change 4 life website