

| Sequence of Learning               |                                  |  |  |                                       |                                     |   |
|------------------------------------|----------------------------------|--|--|---------------------------------------|-------------------------------------|---|
| Why is it important to be healthy? | What constitutes a healthy diet? | What can make making healthy food choices difficult? | What are the positive effects of eating healthy foods? | What constitutes a healthy lifestyle? | What can limit our activity levels? | What are the positive effects of an active lifestyle? |

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| <p><b><u>Vocabulary</u></b></p> <p>Constitutes<br/>Diet<br/>Benefits<br/>Influence<br/>Constitutes<br/>Nutritionally rich<br/>Obesity<br/>Decay</p> | <p><b><u>Intended outcomes:</u></b></p> <ul style="list-style-type: none"> <li>To know about choices that support a healthy lifestyle, and recognise what might influence these</li> <li>To know about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.</li> <li>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</li> </ul> | <p><b><u>Previous Learning:</u></b></p> <p>KS1 and LKS2 learning around the eat well plate, proteins and calcium rich dairy and the importance of being active.</p> <p><b><u>Preparing for:</u></b></p> <p>Healthier lifestyle and lifestyle choices.</p> <p><b><u>Bespoke to our school:</u></b></p> <p>Enabling and equipping children with the knowledge and drive to become healthy and responsible citizens who contribute positively to society. Overcoming the barriers evidenced in the recent height and weight check.</p> |
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| <p><b><u>Resources/ actions</u></b></p> <p>Teacher to be aware of previous teaching that children have had around the science of the eat well plate and the role of protein and calcium rich dairy in the growth, repair and functioning of muscles and bones.</p> |
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