

Sequence of Learning				
What habits have a positive effect on my health?	What habits could have a negative effect on my health?	What signals does my body give that I am healthy?	What signals might my body give to show me that I may be unwell?	What can I do if I'm worried about my health?

<p><u>Vocabulary</u></p> <p>habit affect effect physical health signs/ signals/ symptoms</p>	<p><u>Intended outcomes:</u></p> <ul style="list-style-type: none"> • 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 how to recognise that habits can have both positive and negative effects on a healthy lifestyle • To know about what good physical health means; how to recognise early signs of physical illness 	<p><u>Previous Learning:</u></p> <p>Throughout their time at Canon Peter Hall, the children have had a termly lesson on diet and exercise. The children have learnt about healthy lifestyles and unhealthy lifestyle choices and how they can make their own lifestyle choices healthier.</p> <p><u>Preparing for:</u></p> <p>Healthier choices as they grow into adolescence and begin to live with greater independence, making their own choices with greater autonomy as they progress into secondary education and adulthood.</p> <p><u>Bespoke to our school:</u></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><u>Resources/ actions</u></p> <p>Link up with a school nurse or medical professional</p>
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