

|                                       |                               |   |  |   |
|---------------------------------------|-------------------------------|---|--|---|
| Sequence of Learning                  |                               |   |  |   |
| What constitutes a healthy lifestyle? | What are good healthy habits? | What habits might be stopping us from living a healthy lifestyle? | What does my daily routine consist of?<br>Are my habits healthy? | What small adjustments can I make to incorporate some healthier habits into my daily routine? |

|   |  |  |
|---|--|--|
| <p><b><u>Vocabulary</u></b></p> <p>Good habits<br/>Bad habits<br/>Routines<br/>Choices<br/>Bacteria<br/>Viruses<br/>Mental health<br/>Physical health<br/>Healthy<br/>Dental care<br/>Oral hygiene<br/>Hygiene<br/>Lifestyle<br/>Influence<br/>Positive<br/>Negative<br/>Active</p> | <p><b><u>Intended outcomes:</u></b></p> <p>Children will learn:</p> <p>About choices that support a healthy lifestyle, and recognise what might influence these</p> <p>How to recognise that habits can have both positive and negative effects on a healthy lifestyle</p> <p>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.</p> <p>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</p> <p>That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it</p> <p>How to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas</p> | <p><b><u>Previous Learning:</u></b> KS1 and Autumn Term learning around good hygiene habits preventing the spread of bacteria and viruses and healthy, balanced lifestyles.</p> <p><b><u>Preparing for:</u></b> More in depth UKS2 learning around viruses and the effects of smoking and drugs.</p> <p><b><u>Bespoke to our school:</u></b> Promoting physical and mental well-being as at the heart of our whole school vision</p> |
|---|--|--|

|   |
|---|
| <p><b><u>Resources/ actions</u></b></p> <p>Owen to speak to the children about his healthy lifestyle choices and how to form good habits.</p> |
|---|