

Sequence of Learning					
What choices support a healthy lifestyle?	What choices may influence these?	Can I recognise that habits can both have a positive and negative effect on a healthy lifestyle.?	What is good physical health?	Can I recognise the signs of physical illness?	Who could I speak to if I have concerns with my own physical health or the health of another?

Vocabulary

- Healthy
- Foods
- Fruit and vegetables
- Exercise
- Sugar
- Protein
- Fats
- Dairy
- Carbohydrates
- Physical activity
- Physical illness
- Health
- Lifestyle
- Habits
- Positive
- Negative
- Unhealthy

Intended outcomes:

Children will learn:

About choices that support a healthy lifestyle, and recognise what might influence these

How to recognise that habits can have both positive and negative effects on a healthy lifestyle

About what good physical health means; how to recognise early signs of physical illness

Previous Learning:

In the Early Years, the children have been taught about healthy food and this is further built upon in Year 1.

Preparing for:

Healthier lifestyle and lifestyle choices.

Further and deeper learning in future years around the eat well plate, what constitutes a “balanced” diet and the role of specific food groups to keep 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

School nurse/ Owen/ Kate - talk about physical health and how to make healthier lifestyle choices.