

Topic Theme and Overview:

Our topic is Physical health and wellbeing.

Theme: What helps me choose?



This unit explores the choices children can make about looking after their bodies. It starts with a Badminton taster session in Healthy Week. The lessons look at making safer choices about their bodies, exercise and diet. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.

The Spring Term character target around resilience will also be introduced.

Opportunities to assess pupil progress:

- Completed pupil work.
- Teacher observations.
- Feedback discussions with pupils during tasks.



Resources: camera, worksheets, healthy food, sorting hoops, films, bouncy ball.

Links with other areas of the curriculum:

- Literacy
- Maths
- Art
- PE



Supporting reading:

Good Enough to Eat: A Kids Guide to Food and Nutrition
Lizzy Rockwell

Keeping Fit (Healthy for Life)
Anna Claybourne

The Sugar Story: Why Too Much Sugar Is Bad for You
Emelie Kamp



Learning outcomes:

All children will:

Recognise what constitutes a healthy lifestyle including the benefits of exercise and healthy eating.
Discuss their likes and dislikes and make informed choices that improve their physical health.
Celebrate their strengths and set simple but challenging goals with support.
Explain that too much sugar is bad for health

Most children will:

Know how to make informed choices about health and understand the concept of a healthy, balanced lifestyle.
Start to make their own food choices and know the benefits of eating a balanced diet.
Be more confident at identifying their own strengths and areas for development.

Some children, exceeding expectations, will:

Make informed choices about their health and understand the concept of a healthy, balanced lifestyle.
Make their own food choices and know the benefits of eating a balanced diet.
Reflect upon and celebrate personal achievements including identifying strengths and areas for development.

Vocabulary:

goal, habits, resilient, perseverance, reframe, obstacle, choice, balance, moderation, hydration, nutrition, advertising, bands, consumer, target audience, slogan, fitness.

Tasks/activities:

1. Badminton session.
2. Reframing negative language and celebrating effort.
3. Designing healthy meals and trying a new recipe.
4. Completing hydration worksheets.
5. Comparing adverts.
6. Designing Healthy snacks poster and speaking to School council representatives.

British Values: Individual liberty; Mutual respect; Tolerance of others' faiths or beliefs.

