

What helps us grow and stay healthy?

British values: Respect, Individual liberty

Knowledge

- how regular physical activity benefits bodies and feelings
- how to make choices about physical activity,
- how the lack of physical activity can affect health and wellbeing (mental health)
- how lack of sleep can affect the body and mood and simple routines that support good quality sleep
- how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried
- Know how to make some healthy snacks and know why healthy snacks are good for their bodies
- Know which foods given their bodies energy

Social and emotional skills

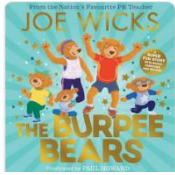
- Desire to make healthy lifestyle choices
- Feel positive about caring for their bodies and keeping it healthy
- Have a healthy relationship with food
- Express how it feels to share healthy food with their friends

Key questions

- Can you give me an example of a healthy / unhealthy choice?
- How do you feel when you make a healthy choice?
- What does your body need to stay healthy? (physically and mentally)
- What healthy snack shall we make and eat together?
- What snacks could you eat before exercise?
- What are the benefits of staying active?

Key Vocabulary: Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, , Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious

Linked text



(available via youtube)

