

Curriculum overview

Throughout this unit, we will explore what it means to be physically and mentally healthy and what might influence our choices. We will also recognise positive and negative lifestyle habits including mouth hygiene, physical activities and sleep routines.

Key vocabulary

Mental Health	This is the way people think, feel and act.
Physical Health	A healthy body.
Hygiene	The practice of keeping clean to stay healthy and prevent disease.
Lifestyle	The way you live.
Routines	A usual order and way of doing something.
Balanced	Balance is having the right amount- not too much or too little
Healthy	Being well and free of sickness.

Our topic is...

Being Healthy



Sticky knowledge

Different things affect your physical and mental health.

A balanced diet is made up of food groups (fruit and vegetables, protein, carbohydrates, dairy, oils and fats).

Physical activity is very important to keep our body healthy.

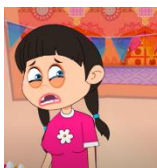
Mouth hygiene is important to stop the spread of infections.

Bedtime routines can help us get goodnight's sleep regularly.

Texts and Links

Dr Binocs:

What if we stop brushing teeth?



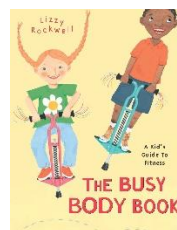
Dr Binocs:

Why do we sleep?



The Busy Body Book

By Lizzy Rockwell



Tips for Mental health

- 1) Be kind to yourself and others.
- 2) Talk to your family and friends if you have any worries.
- 3) Eating regular **healthy** meals and drink lots of water.
- 4) Get fresh air regularly, walking to school is a great way of exercising.
- 5) Get into a good bedtime **routine**. Getting a good night's sleep is a positive thing.