

Curriculum overview

Understanding what a balanced, healthy lifestyle means. Identifying what influences our choices to have a healthy balanced lifestyle.

Key vocabulary

Hygiene	Keeping ourselves clean to stay healthy and well.
Choice	Something we have the power to make when there is more than one possibility.
Feelings	Emotions we experience about things that are happening.
Behaviour	Our actions. The way we behave.
Balanced Diet	A diet with all 5 food groups needed by the body to be healthy and have energy.
Healthy Lifestyle	Activities and habits that encourage the development of total physical, mental, and spiritual fitness
Support Network	A group of people we can rely on to provide practical and emotional health.
Pressure	A strong influence people feel to behave in a certain way.
Mental Health	How we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Our topic is...

Being Healthy



Sticky knowledge

- There are different types of self-care strategies to support a healthy lifestyle.
- Exercise is important for physical health.
- Sun cream must be worn to protect their skin from short and long term damage.
- Food choices can be affected by habits and emotions, which link with the brain when it makes decisions.
- personal and dental hygiene are important and how to maintain them.



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