

Curriculum overview

In this unit we will learn how everyday choices support our health and wellbeing by exploring the effects of movement, sleep, food and drink on our bodies.

Key vocabulary

Active	Moving your body regularly through activities such as walking, running or playing.
Dentist	A person who looks after your teeth and helps keep them healthy.
Exercise	Physical activity that helps keep your body healthy and strong.
Five-a-day	Eating at least five portions of fruit and vegetables each day.
Healthy	Being well and looking after your body and mind.
Healthy habits	Things we do regularly to keep our bodies and minds healthy.

Our topic is...



My healthy self

How can we look after our bodies?

Sticky knowledge

- Sleep helps your body and brain rest and grow.
- A good bedtime routine such as bath, story and quiet time, can help to fall asleep easily and sleep better.
- Visiting the dentist is important, even if their teeth do not hurt.
- Running, jumping and playing helps your body grow strong.
- Eating fruit and vegetables helps to keep you strong and not get ill.

Healthy habits

 Be active

 Drink water

 Eat fruit and vegetables

 Brush your teeth

 Get enough sleep



It is important to brush your teeth twice a day for two minutes.



A trusted adult can help you look after your body and mind.