

My Healthy Lifestyle (Y5)

What you have already learnt in Year 4:

- You can identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online and have started to develop ways of counteracting the negative factors
- You understand what is meant by a healthy diet (including understanding calories, and nutritional content)
- You can make informed choices about healthy eating and exercising
- You understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage
- You understand a range of feelings and how these make you feel both emotionally and physically
- You have a range of strategies for managing and controlling strong feelings and emotions
- You can respond appropriately to other people's feelings
- You can recognise my worth as an individual and the worth of other people
- You understand what being resilient means to me and I have strategies I can use
- You can identify positive things about yourself, recognise some of your mistakes and learn from them
- You can make some changes quickly and easily but also understand that some changes are hard and can take a long time

Opportunities for teaching diversity, equality and expanding cultural capital

Opportunities to meet people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities to read stories about people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities for children to extend their knowledge of healthy eating and compare the diet of people living in different parts of the world.

What you will have learnt by the end of Key Stage 2:

By the end of Key Stage 2, you will have a secure understanding about what a healthy lifestyle is. You will be able to make good, informed choices about how you can stay healthy including about what you eat, physical exercise, sleep, personal hygiene and staying safe in the sun. You will also know more about how to keep your mind happy and healthy. You will have some knowledge about the risks associated with having an unhealthy lifestyle and be able to recognise early signs on illness. You will know where to go for help should you or anyone you know need it. You will have learnt strategies to help you to become more resilient and to cope with emotions and feelings that may arise from lots of different situations.

Skills and knowledge I may use from other subjects:

English:

- You will continue to develop skills learnt in reading such as being able to discuss information you have read to aid your understanding, identifying themes and checking that what you have read makes sense to you.
- You will be able to practice summarising, retrieving and recording information from non-fiction texts.
- You will continue to develop handwriting skills such as letter formation and joined up handwriting.
- You may be asked to write in different styles of writing such as a short story or diary entry.

Science:

- You will begin to recognise the impact of diet, exercise, drugs and lifestyle on the way your bodies function.
- You will begin to describe the ways in which nutrients and water are transported through our bodies.

What you will have learnt by the end of this unit.

- I will know what makes a healthy lifestyle- the benefits of exercise and healthy eating and the factors (positive and negative) that affect mental health, including having a positive self-image.
- I will understand the importance of good oral hygiene, including regular visits to the dentist
- I will know where individuals, families and groups can get help and support both on and offline
- I will be able to deal positively with my feelings and recognise a range of emotions in others and can explain the intensity of my feelings to others
- I will understand what resilience is and have strategies I can use to build my own resilience
- I will be able to resolve differences, looking at alternatives, making decisions and explaining choices
- I will know some of the ways of dealing with the feelings that sometimes arise from changes

Key Skills

Personal Effectiveness

- Resilience (including self-motivation, perseverance and adaptability)
- Strategies for identifying and accessing appropriate help and support

Interpersonal and social effectiveness

- Using skills and attributes to build and maintain healthy relationships

Managing risk and decision making

- Assessing the validity and reliability of information
- Identify links between values and beliefs, decisions and actions
- Making decisions

Key Vocabulary

Active - always doing something; busy; full of energy

Calories - a unit for measuring the amount of energy that a food can produce when taken into the body.

Changes - to make something different

Choice - the act of picking or choosing

Consequence - something that follows as a result of something else

Decisions - the act of making up one's mind about something

Differences - the condition of being different from, or not alike; a disagreement or an argument

Disease - a condition that causes harm to the health of a person, animal or plant; illness; sickness

Emotions - a strong feeling such as joy, hatred, sorrow or fear

Habits - a regular action that becomes routine

Healthy eating - the things you should eat to maintain a balanced diet

Hobbies - an interest or activity that one does for pleasure in their spare time

Interests - the desire to learn, know or take part in something

Lifestyle - the general way of life of a person or group which includes jobs, activities and attitudes these things

Media - a way of communicating that reaches large number of people such as newspapers, television and radio

Mental health - the condition of someone's mind and emotions

Mistakes - a thought or action that is not correct

Nutrition - eating healthy foods and using the nutrients for living and growing

Personal hygiene - the practice of keeping clean to stay healthy and prevent disease

Physical health - describes the condition of your body and includes whether you have an illness or injury

Relationships - a connection between people such as with parents, friends, siblings etc

Resilient - being able to withstand and recover quickly from difficulty

Self-image - a person's mental image of themselves

Strategies - a plan, method or series of actions to achieve a particular goal

Sun protection - the act of keeping safe from the sun

Overview

We are learning about ourselves ('Me') and how we can stay healthy.

There are many ways to stay healthy such as:

- Exercising
- Eating healthily
- Having a happy attitude

We will be learning about:

- What makes a healthy lifestyle
- Oral hygiene
- Where to go for help online or offline
- Feelings, their intensity and how to cope with them
- Resilience.
- Differences and alternatives



Healthy Lifestyle

Physical Exercise

Exercise is extremely important to keep our bodies and mind healthy and happy. We can exercise in so many different ways such as walking, running, playing games, skipping, swimming and jumping. We should exercise for at least 30 minutes each day!



Healthy Diet

You will already have a good understanding of what a healthy diet looks like. You will also learn about calories (when food is converted into energy) and that different foods contain a different nutritional content. Understanding how much of different foods to eat is extremely important when considering a healthy, balanced diet.

Each serving (150g) contains				
Energy	3.0g	1.3g	34g	0.9g
1046kJ	LOW	LOW	HIGH	MED
250kcal	13%	4%	7%	38%
				15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal

Factors that affect our physical, mental and emotional health

There are many factors that can affect us. Some affect us in a positive way and others can affect us in a more negative way. Relationships with family and friends, stress levels, physical activity, diet, self-image and the media can all impact us in different ways. Learning some strategies to counteract the negative impact can help us to stay healthy. For example, having people you can trust to talk to, setting boundaries for yourself and restricting time spent online can all help.



Oral Hygiene

It is important to keep our mouth and teeth healthy by brushing our teeth twice a day; morning and night. You also need to visit the dentist regularly to check that our mouth and teeth are healthy.



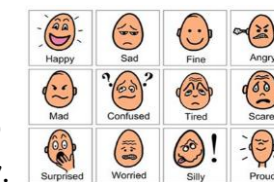
Recall and Remember Quiz!

1. What makes a healthy lifestyle? List and explain as many things as possible.
2. Explain what oral hygiene is.
3. Where can individuals or families go to get help?
4. What is resilience and how can it be built?
5. How can you deal with change and the feelings that arise from change?
6. What is self-worth?
7. How can you resolve differences?

Feelings, Emotions and how to deal with them

Thinking about Feelings

We can experience lots of different feelings which can make us feel all sorts of different ways. These feelings can change in intensity and it is important to describe them using the most appropriate vocabulary. can have an impact on our bodies both physically and emotionally.



Recognising and Responding to other people's emotions

Different people may show their emotions in different ways. Learning how to recognise emotions in other people and how to respond to them is important. People learn and develop at different rates and sometimes our family and friends may need our help I dealing with their emotions. Staying calm can help to diffuse a situation.

Self-Worth

Self-esteem is about how we feel about ourselves. It includes how confident we feel in who we are and what we can do and also includes how valuable and worthy we feel and how much respect we have for ourselves. Self-esteem comes from within and can change over time.

Change

Some changes that we will experience are quick and easy, whereas others take a long time and are much more difficult. We may experience changes to where we live, in our families or where we go to school. We will also experience changes to ourselves and our bodies as we begin to grow into adulthood. Change can make us feel lots of different emotions so reflecting on this and using some of the strategies we have learnt can help with that.

Resilience

Resilience is a British Value which means 'the ability to recover quickly from difficult situations'. Building resilience is important as it will help us to deal with and overcome problems as they arise. Problems are a part of everyday life. The ability to not give up and to keep trying is not always an easy thing to master, however, strategies such as working hard, asking for help and learning from our mistakes can help.



Recall and Remember!

Remember to regularly go back to your knowledge mind map and add everything that you can remember about what you have learnt so far. Your teacher will remind you to do this.