

Summer 1 – Healthy Lifestyles

PDHW

L16 To understand the particular benefits of different physical activities for promoting health.

I can explain that I need to take regular exercise to remain healthy
--

I know how often and how long I need to exercise for
--

I know that different types of exercise affect different parts of the body
--

L17 To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle (this includes developing an understanding of what constitutes physical and mental health and things that may threaten both)

I know how often I take exercise and how to keep active (eg. by walking to school)
--

I can name the 7 different food groups
--

I know that anxieties may affect my mood and health and how to manage these anxieties

L18 To plan, prepare and cook simple healthy meals.

I know how to plan a healthy meal

I know how to find healthy recipes

I know how to follow a recipe

I can prepare/ cook a healthy meal

L19 How to make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs.

(this includes awareness of misuse of volatile substances including aerosols, glue and petrol)

I can explain the negative side effects of these substances

I am aware that others may encourage me to use these substances

I am prepared how to handle a situation where pressure may be put on me to handle such a situation
--

I am able to support another child who may be put under this type of pressure

L24 About the connections between their learning, the world of work and their future economic well-being. (this should help children to make the link between their learning in school and learning in other settings)

I realise that the ability to work hard is an important life-skill
--

I know that if I work hard I am more likely to get a job I want to do

I know that an employer will find me more employable if I am able to communicate well

I can understand that school is preparation for my future life
--

L25 About how people manage money and about basic financial capability. (this will help children develop a basic understanding of the difference between cost, price and the notion of profit)

I know that I will need to be able to earn money in the future
--

I can organise a list of things I need
--

I can set a budget and stick to it

Scientific and technological understanding

L14 To apply knowledge and understanding to describe and explain the structure and function of key human body systems including reproduction

(This should include digestion (teeth and food), circulation (heart and pulse rate), skeleton (muscles and movement) and growth. This should be related to caring for the human body)

I understand that when I exercise my heart beats faster to take blood more rapidly to the muscles.
--

I can name and locate major organs of the body.
I know about the harmful effects of drugs.
I know exercise affects pulse rate.
I know that the heart acts as a pump to circulate blood through vessels to the lungs.

Speaking and Listening Opportunities

5R's: Reflective, Relationships, Resilient, Resourceful, Risk Taking

PSHE

Inquire, Research, Investigation