

Title: Being Healthy

Year Group: 5

Term: Spring 1

Vocabulary

physical health – the physical condition of your body.

mental health – the way we think, feel and behave. Our mental health can change over time.

healthy lifestyle – a combination of good physical and mental health.

diet – the type of food that a person regularly eats.

balanced diet – eating a combination of the correct types and amounts of food.

exercise – an activity involving physical effort which improves health and fitness.

strength – ability to carry out physical tasks

stamina – the ability to carry out a physical or mental task over time.

flexibility – the ability of your joints and muscles to move through a range of movements.

In this PSHE Unit, we shall explore the aspects of a healthy lifestyle such as diet, exercise and sleep routines. We shall also consider the risks of being inactive and how much time per day we spend on technology.



Ground rules

1. We will listen to each other.
2. We won't make fun of anyone.
3. You can 'pass' when answering a question.
4. We will not discuss our personal lives or use names
5. We know we can talk to our teacher or another adult in school if we want to talk or need help.

Key Learning

- To identify what affects mental and physical health
- To understand what a balanced, healthy lifestyle means
- To identify what influences our choices to have a balanced lifestyle
- To recognise that habits can have both a positive and negative effect on a healthy lifestyle
- To explore a balanced / unbalanced diet and the effects
- To identify routines that support good quality sleep; the effects of lack of sleep
- To identify strategies and behaviours that support mental health

Key Questions:

- What are the benefits of eating a balanced diet?
- Why can habits be hard to change?
- What are the risks of eating too much sugar?
- What things can stop us going to sleep?