

PSHE-Being my best

Construction

Prior Knowledge

In KS1, the children learnt about different ways to keep our bodies healthy and how we can look after our bodies. They also learnt about ways to develop a growth mindset. In KS2, they have found out the different ways that eating a balanced diet can benefit our bodies and how to keep themselves healthy. They have also talked about why it is important to celebrate and develop their skills.



Connect...

Connect with the people around you. With family, triends, colleagues and neighbours. At home, work, tchool or in your local commountly. Think of these as the connextones of your life and invest time in developing them. Building these connections will upport and enrich you every day.

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Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden, Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

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Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Sasour the moment, whether you ser walking to work, eating junch or talking to friends. Be aware of the world around you and what you are feeling, Reflecting on your seperiences will help you.

Five ways

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different exponsibility at work. Pix a bike. Learn to play an instrument or how to cook your fevourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as avail as basing the property.

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Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunber your time, Join a community group, Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly sewarding and creates connections with the people around you.



My Component Knowledge:

Lesson 1: I can identify ways in which everyone is unique and appreciate my own uniqueness.

Lesson 2: I can give examples of choices I make for myself and choices others make for me.

Lesson 3: I understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health.

Lesson 4: I understand the ways in which I can contribute to the care of the environment.

Lesson 5: I can explain what a balanced, healthy lifestyle is.

Lesson 6: I can suggest ways in which different people support the school community and identify qualities and attributes of these people.

My Composite Knowledge:

I know that all people are unique and will have their own preferences. However, all people need the same things to keep a healthy lifestyle.

My Powerful Knowledge:

I know that in order to have a healthy lifestyle, people to be active, connect, take notice, keep learning and to give. I understand that I can contribute to the care of the environment by considering the resources that I use and the waste that I make.

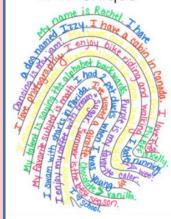
Key Vocabulary

Tier 1: choice, decision making, environment, appearance, medical, belonging

Tier 2: community, first aid, injury, unique, qualities, personality

Tier 3: efficient, compromise, dietary requirements, allergies, cultural, sustainability

I Am Unique







What does it mean to have a healthy lifestyle?

How do you lead a healthy lifestyle?