

## Innovation and Change

Introducing new ways and methods to make something better or easier.

### Prior Knowledge

Key stage 1 & EYFS: During KS1 and reception, we learnt about being my best.

Year 2: Staying clean and healthy, caring for our bodies.

Year 1: Caring for ourselves when we are ill.

EYFS: Sleep, healthy eating and exercise.

Where next? Future learning

Year 4: Being my best—making choices, where does energy come from?

Year 5: Being my best—getting fit, independence and responsibility.

Year 6: Being my best—basic first aid, risks, wellbeing.



### My Component Knowledge:

Lesson 1: To identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning. .

Lesson 2: To understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health. .

Lesson 3: Honey Farm (whole school trip)

Lesson 4: To explain the importance of good dental hygiene.

Lesson 5: KS1 Music Assembly (Winkleigh)

### My Composite Knowledge:

I can understand how positive mindset strategies will help me understand my learning. I know that the choices I make impact my health. I understand why it is important to look after my teeth.

### My Powerful Knowledge:

I can become a well-rounded and balanced citizen. I can care for my body and others. I am able to apply what I have learnt and use the skills within my life.

### Key Vocabulary

Tier 1: friend, happy

Tier 2: healthy, oxygen, wellbeing

Tier 3: maintain, internal, organ



## How can I stay healthy?



## How can I look after my teeth?