

Being My Best

Construction

To build something from parts.

Year 4

Prior Knowledge

Year 3: Different ways that eating a balanced diet benefits your body.

Year 2: Different ways to keep your body healthy.

Year 1: How we can look after our bodies.

Future Knowledge

Year 5: The importance of a healthy lifestyle, mentally and physically.

Year 6: The five ways to well-being that contribute to a healthy lifestyle



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.

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

Tier 2: community, first aid, injury

Tier 3: efficient

I Am Unique



Five ways to wellbeing

Connect...

Connect with the people around you. With family, friends, neighbours, or in your work, school, or in your local community. Think of these as the people who help you develop, and who support and enrich you every day.

Five ways to wellbeing

Be active...

Go for a walk or run. Sleep outside. Cycle. Play a game. Dance. Do some gardening. Create your own physical activity. Discover a physical activity you enjoy and see that you're your sense of meaning and purpose.

Five ways to wellbeing

Take notice...

Be curious. Catch sight of the beautiful. Bask in the unusual. Notice the changing seasons. Enjoy the moment. Appreciate the things that are working. Notice the things that are broken. Be aware of the world around you and what you're feeling. The more of the world you notice, the more you appreciate what it can give you.

Five ways to wellbeing

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Pick a book. Learn to play an instrument or how to cook. Your favourite food. That's a challenge you will enjoy achieving. Learning new things will make you more confident and add to being fun.

Five ways to wellbeing

Give...

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



What does it mean to have a healthy lifestyle?