

# Being my best

## Construction

### 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.

Rethink

Refuse

Repurpose

Reuse

Reduce

Recruit



RECYCLE



### 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

Five ways to wellbeing

### Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in nurturing them. Building these connections will support and enrich you every day.

Five ways to wellbeing

### 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.

Five ways to wellbeing

### Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to 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. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as 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. Look 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.

### I Am Unique



What does it mean to have a healthy lifestyle?

How do you lead a healthy lifestyle?