

# My Healthy Lifestyle (Y4)

## What you have already learnt in Year 3:

- You can make choices about your lifestyle to improve your health and well-being.
- You can recognise that choices can have good and not so good consequences.
- You know what the good habits are for looking after your growing body both physically and emotionally on a daily and regular basis.
- You will know the benefits of physical exercise and time outdoors.
- You know how to look after your mental wellbeing through some self-care techniques e.g relaxation, benefits of hobbies and interests etc.
- You can communicate your feelings to others, recognise how others show feelings and know to respond appropriately.
- You understand what being resilient means to you and you have strategies you can use.
- You understand why other people are behaving as they are when they are finding change difficult.

## Opportunities for teaching diversity, equality and expanding cultural capital

Opportunities to meet people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities to read stories about people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities for children to extend their knowledge of healthy eating and compare the diet of people living in different parts of the world.

## What you will have learnt by the end of Key Stage 2:

By the end of Key Stage 2, you will have a secure understanding about what a healthy lifestyle is. You will be able to make good, informed choices about how you can stay healthy including about what you eat, physical exercise, sleep, personal hygiene and staying safe in the sun. You will also know more about how to keep your mind happy and healthy. You will have some knowledge about the risks associated with having an unhealthy lifestyle and be able to recognise early signs on illness. You will know where to go for help should you or anyone you know need it. You will have learnt strategies to help you to become more resilient and to cope with emotions and feelings that may arise from lots of different situations.

## Skills and knowledge I may use from other subjects:

### English:

- You will continue to develop skills learnt in reading such as being able to discuss information you have read to aid your understanding, identifying themes and checking that what you have read makes sense to you.
- You will be able to practice summarising, retrieving and recording information from non-fiction texts.
- You will continue to develop handwriting skills such as letter formation and joined up handwriting.
- You may be asked to write in different styles of writing such as a short story or diary entry.

### Science:

- You have learnt that humans need the right types and amount of nutrition and that they cannot make their own food. You also understand that humans get nutrition from what they eat.

## What you will have learnt by the end of this unit.

- I can identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online and have started to develop ways of counteracting the negative factors
- I understand what is meant by a healthy diet (including understanding calories, and nutritional content)
- I can make informed choices about healthy eating and exercising
- I understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage
- I understand a range of feelings and how these make me feel both emotionally and physically
- I have a range of strategies for managing and controlling strong feelings and emotions
- I can respond appropriately to other people's feelings
- I can recognise my worth as an individual and the worth of other people
- I understand what being resilient means to me and I have strategies I can use
- I can identify positive things about myself, recognise some of my mistakes and learn from them
- I can make some changes quickly and easily but also understand that some changes are hard and can take a long time

## Key Skills

### Personal Effectiveness

- Resilience (including self-motivation, perseverance and adaptability)
- Strategies for identifying and accessing appropriate help and support

### Interpersonal and social effectiveness

- Using skills and attributes to build and maintain healthy relationships

### Managing risk and decision making

- Assessing the validity and reliability of information
- Identify links between values and beliefs, decisions and actions
- Making decisions

## Key Vocabulary

**Active** - always doing something; busy; full of energy

**Calories** - a unit for measuring the amount of energy that a food can produce when taken into the body.

**Choice** - the act of picking or choosing

**Consequence** - something that follows as a result of something else

**Disease** - a condition that causes harm to the health of a person, animal or plant; illness; sickness

**Emotions** - a strong feeling such as joy, hatred, sorrow or fear

**Habits** - a regular action that becomes routine

**Healthy eating** - the things you should eat to maintain a balanced diet

**Hobbies** - an interest or activity that one does for pleasure in their spare time

**Interests** - the desire to learn, know or take part in something

**Lifestyle** - the general way of life of a person or group which includes jobs, activities and attitudes these things

**Media** - a way of communicating that reaches large number of people such as newspapers, television and radio

**Mental health** - the condition of someone's mind and emotions

**Mistakes** - a thought or action that is not correct

**Nutrition** - eating healthy foods and using the nutrients for living and growing

**Personal hygiene** - the practice of keeping clean to stay healthy and prevent disease

**Physical health** - describes the condition of your body and includes whether you have an illness or injury

**Relationships** - a connection between people such as with parents, friends, siblings etc

**Resilient** - being able to withstand and recover quickly from difficulty

**Strategies** - a plan, method or series of actions to achieve a particular goal

**Sun protection** - the act of keeping safe from the sun

## Recall and Remember Quiz!

1. Name 3 positive and 3 negative factors that can affect your physical, mental and emotional health. What strategies have you learnt to cope with this?
2. What are calories?
3. How can you prevent sun damage?
4. How can feelings impact on your mind and body?
5. Describe two strategies that you could use to deal with emotions.
6. How can you respond to others feelings and why is this important?
7. What does resilient mean to you?

## Overview

We are learning about ourselves ('Me') and how we can stay healthy.

There are many ways to stay healthy such as:

- Exercising
- Eating healthily
- Having a happy attitude

We will be learning about:

- Factors that affect physical, mental and emotional health (positive and negative) and begin to develop ways to counteract the negative factors.
- Healthy diet and the importance of exercising
- Sun protection
- Feelings and emotions and how to deal with them.
- Mistakes and how to learn from them.
- Change.

## Physical, Mental & Emotional Health

### Physical Exercise

Exercise is extremely important to keep our bodies and mind healthy and happy. We can exercise in so many different ways such as walking, running, playing games, skipping, swimming and jumping. We should exercise for at least 30 minutes each day!

### Healthy Diet

You will already have a good understanding of what a healthy diet looks like. You will also learn about calories (when food is converted into energy) and that different foods contain a different nutritional content. Understanding how much of different foods to eat is extremely important when considering a healthy, balanced diet.

### Factors that affect our physical, mental and emotional health

There are many factors that can affect us. Some affect us in a positive way and others can affect us in a more negative way. Relationships with family and friends, stress levels, physical activity, diet, self-image and the media can all impact us in different ways. Learning some strategies to counteract the negative impact can help us to stay healthy. For example, having people you can trust to talk to, setting boundaries for yourself and restricting time spent online can all help.

### Sun Protection

Although some sun exposure to the sun can be good for us, it is important to stay safe while doing so. Wearing sun cream and a sun hat as well as staying out of the sun while it is at its hottest is a good idea.



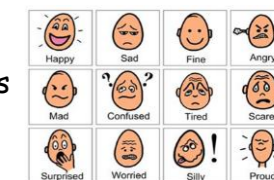
Each serving (150g) contains				
Energy	Fat	Saturated	Sugars	Salt
1046kJ	3.0g	1.3g	34g	0.9g
250kcal	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%
of an adult's reference intake				
Typical values (as sold) per 100g: 697kJ / 167kcal				



## Feelings, Emotions and how to deal with them

### Thinking about Feelings

We can experience lots of different feelings which can make us feel all sorts of different ways. Feelings can have an impact on our bodies both physically and emotionally.



### Strategies

It is important what we learn how to cope with strong feelings and emotions so that we do not let them get the better of us. Taking deep breaths or counting to ten when we are angry can help us to clear our mind and calm down before we react. Talking to people we trust can help us when we are feeling sad. A lot of the same strategies can be used to help us with positive and negative feelings and emotions.

### Responding to other people's emotions

Learning how to respond to other people's emotions is important. People learn and develop at different rates and sometimes our family and friends may need our help dealing with their emotions. Staying calm can help to diffuse a situation.

### Self-Worth

Self-esteem is about how we feel about ourselves. It includes how confident we feel in who we are and what we can do and also includes how valuable and worthy we feel and how much respect we have for ourselves. Self-esteem comes from within and can change over time.

### Mistakes

Making mistakes is part of everyday life. However, it is important that we learn from our mistakes and try not to make the same mistake again. Reflecting on the situation and using strategies we have learnt can help us to do that.

### Change

Some changes that we will experience are quick and easy, whereas others take a long time and are much more difficult. We may experience changes to where we live, in our families or where we go to school. We will also experience changes to ourselves and our bodies as we begin to grow into adulthood. Change can make us feel lots of different emotions so reflecting on this and using some of the strategies we have learnt can help with that.

### Recall and Remember!

Remember to regularly go back to your knowledge mind map and add everything that you can remember about what you have learnt so far. Your teacher will remind you to do this.

