

My Healthy Lifestyle (Y6)

What you have already learnt in Year 5:

- You know what makes a healthy lifestyle- the benefits of exercise and healthy eating and the factors (positive and negative) that affect mental health, including having a positive self-image.
- You understand the importance of good oral hygiene, including regular visits to the dentist
- You know where individuals, families and groups can get help and support both on and offline
- You can deal positively with your feelings and recognise a range of emotions in others and can explain the intensity of your feelings to others
- You understand what resilience is and have strategies you can use to build your own resilience
- You can resolve differences, looking at alternatives, making decisions and explaining choices
- You know some of the ways of dealing with the feelings that sometimes arise from changes

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 will understand the impact of diet, exercise, drugs and lifestyle on the way your bodies function.
- You will be able to describe the ways in which nutrients and water are transported through our bodies.

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

- I can manage my time to include regular exercise and self-care techniques to look after my mental and physical health such as relaxation
- I can recognise opportunities to make my own choices about food, what might influence my choice and the benefits of eating a balanced diet
- I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs
- I understand the risks associated with an inactive lifestyle, poor diet, unhealthy eating and other behaviours on my physical and mental wellbeing
- I understand early signs of physical illness, such as weight loss, or unexplained changes to the body
- I understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- I recognise that I may experience conflicting emotions and when I need to listen to and overcome my emotions
- I have an understanding of mental ill health and how important it is for people to get early help to support them
- I understand that the media can have a positive and negative effect on mental health, e.g. body image
- I understand what being resilient means to me and I have strategies I can use
- I know how change can impact with our feelings of belonging

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.

Changes - to make something different

Choice - the act of picking or choosing

Consequence - something that follows as a result of something else

Decisions - the act of making up one's mind about something

Differences - the condition of being different from, or not alike; a disagreement or an argument

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

Exercise -

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

Opportunities

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

Self-image - a person's mental image of themselves

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

Sun protection - the act of keeping safe from the sun

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:

- The benefits of having a healthy lifestyle
- Hygiene, sleep and nutrition
- Where to go for help online or offline
- Physical illness and how to minimise it
- Feelings, emotions and mental health



Healthy Lifestyle

There are many benefits of having a healthy lifestyle, which includes eating well and staying active. For example, it helps us to build strong bones, grow and develop healthily, improve concentration (including at school), maintain a healthy weight and be alert and active.

Physical Exercise and sleep

Being physically active helps our bodies and minds in many ways such as strengthening your heart, bones and muscles, reduce the risk of getting ill, boosts energy levels, improves your mood and promotes better sleep. Not getting enough sleep, or sleep deprivation, can affect us both physically and mentally. Physical effects include suffering from extreme tiredness, our bodies may ache, headaches, low immune system, putting on weight and feeling dizzy and sick. Mental effects include being unable to concentrate, make more mistakes, suffer from anxiety or low mood, feeling tearful, and being quick to lose our temper. Children your age should get around 10-11 hours sleep every night however, you may find that you need more sleep as you enter into puberty!

Nutrition

Nutrition is all about the nutrients in food and how the body uses them. You will learn more about the nutritional value of different foods, where the nutrients come from and why it is needed for health and growth.

Hygiene

Personal hygiene includes brushing our teeth, washing our hands, wearing clean clothes, showering or bathing regularly, keeping fresh and clean and minimising the spread of germs where we can. It is recommended that we brush our teeth twice a day for around 2 minutes, and visit the dentist every 6 months for a check-up. As we get older and start to go through puberty, it becomes more important to shower and bathe more regularly. One of the main changes we all experience is that our sweat glands grow and start to produce more sweat. If we do not wash regularly, we are more likely to get spots and have body odour (BO).



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

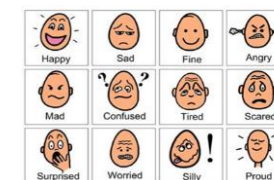


Feelings, Emotions and how to deal with them

Thinking about Feelings

We can experience lots of different feelings which can make us feel all sorts of different ways. These feelings can change in intensity and it is important to describe them using the most appropriate vocabulary.

Sometimes, we can feel more than one emotion in a situation which can often be conflicting. Feelings can have an impact on our bodies both physically and emotionally.



Resilience



Resilience is a British Value which means 'the ability to recover quickly from difficult situations'. Building resilience is important as it will help us to deal with and overcome problems as they arise. Problems are a part of everyday life. The ability to not give up and to keep trying is not always an easy thing to master, however, strategies such as working hard, asking for help and learning from our mistakes can help.

Social media

Social media can have a positive and negative effect on our mental health and the way we perceive our bodies. No body size or shape is perfect and no body size or shape is better or worse than others. Many images used online, in adverts, magazines and on posters are altered to 'improve' them or make them appear more 'perfect' to fit in with stereotypes. All people deserve to feel good about themselves and their bodies. Accepting who we are inside and out as well as accepting who others are inside and out is not always easy, but it is a great place to start!

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.

Quiz!

1. Why is it important to manage time to allow time for exercise and relaxation?
2. What are some benefits of having a healthy lifestyle including exercise and having enough sleep.
3. What could the impact of growth and adolescence be on your need for diet, sleep and personal hygiene?
4. What are some of the risks on an unhealthy lifestyle?
5. What are some of the early signs of illness and how could you recognise these?
6. Explain how you would stay safe in the sun, and the risks if you do not.
7. Why is it important for people to get help and support when they need it?
8. What impact can the media have on mental health?
9. Explain what resilience means to you