



HEALTH AND WELL-BEING

- AUTUMN 1

Healthy lifestyles

To understand what makes up a balanced diet.

To know the opportunities, they have to make their own choices about food and what influences these choices.

To learn what is meant by a habit and how habits can be hard to change.

Growing and changing

To reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals

To deepen their understanding of good and not so good feelings and to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.

To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.

Keeping safe

To understand school rules about health and safety, basic emergency aid procedures, where and how to get help.

To recognise people who are responsible for helping them stay healthy and safe.

Key Vocabulary:

Physical, mental, emotional, wellbeing, lifestyle, diet, balanced, aspirations, habit, feelings, conflicting emotions, emergency aid, procedure.