

## Subject Specific Vocabulary

Healthy	In a good physical or mental condition; in good health
Nutrition	Getting the food needed for good health, growth and nourishment.
Oral hygiene	How to keep your teeth, gums and mouth healthy and clean.
Balanced diet	A diet that has a variety of different types of food and provides us with the amounts of the nutrients needed for good health
Physical activity	Moving the body for period of time. This can be gentle (like a walk) or more intense (like a run or a dance).
Sleep/rest	Giving your body the time it needs to rest and recover from the day. Closing your eyes and allowing your body to sleep.
Routine	A set of actions that you do at certain times of the day. You should have a good get up routine and a good bedtime routine, so your body is prepared for the day ahead or to sleep.

## Why should we eat well, sleep well, keep active and look after our teeth?



### By the end of this topic I will explore...

- ◆ how regular physical activity benefits bodies and feelings and how to balance time online with other activities
- ◆ how the lack of physical activity can affect health and wellbeing
- ◆ how lack of sleep can affect the body and mood and simple routines that support good quality sleep
- ◆ how to eat a healthy diet and the benefits of nutritionally rich foods and the impact of not eating balanced on our bodies (including on our teeth).
- ◆ how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist
- ◆ how people make choices about what to eat and drink, what physical activity they do and their sleep routines including what can influence these choices.
- ◆ how, when and where to ask for advice and help about healthy eating, physical activity, sleep and dental care if they are worried.

### What do I know already?

#### Key Stage 1:

What does 'healthy' mean?, how can we keep our bodies healthy?, that things we do or put into our bodies can affect it in a good or bad way, why sleep is important, how too much sugar can be bad for our teeth, that doing exercise is good for our bodies but also having enough rest.

### Links to the PSHE/RSE Curriculum and Progression:

#### PSHE/RSE Programme of Study:

Please see PoS Document for full descriptors...

Health and Wellbeing:

H1, H2, H3, H4, H5, H6, H7, H8, H11, H13, H14