

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSCHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSCHE.



## Physical Health and Wellbeing What Keeps me Healthy?

Autumn 1



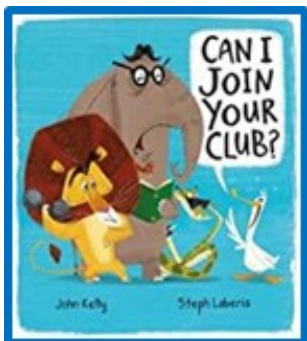
### Igniting Prior Knowledge:

- Food can be associated with special times in different cultures.
- Food and drinks are associated with different celebrations and customs.
- There are similarities from home lives to other cultures, including the food they eat.
- Food eaten on special days may be different from everyday foods.
- There are different active playground games around the world.
- Active playground games make us feel mentally better and benefit us physically.
- We can make a good choice about which games to play, based on feelings, likes and dislikes, and what we are good at.

### New Knowledge:

- A healthy diet is balanced.
- A balanced diet contains foods from the following groups: fruits, vegetables, dairy, grains, and protein.
- People can help us to make healthy choices about food we eat.
- There are benefits of a healthy diet (including oral health).
- It important to have physical activity, sleep and rest.
- There are a variety of ways I can keep physical throughout the day.
- It is important to get enough sleep and rest (approx. 10 hours/night for children).
- An hour a day of physical activity is important for good health.
- People can help keep us safe and healthy.
- We should follow basic hygiene routines.
- We should have our vaccinations to keep us healthy.
- There are different people that keep us healthy.
- We should take part in everyday routines to keep our bodies healthy – brushing teeth, showers etc.
- Hygiene routines stop the spread of diseases.

### No Outsiders:



### Key Vocabulary:

- Routine
- Vitamin D
- Sleep
- Hygiene