



Holy Family Halewood

Year 3 and 4 – Personal Development
Theme: Health and Wellbeing
Topic: Physical and Mental Wellbeing



Learning Objectives

- about the choices that people make in daily life that could affect their health
- to identify healthy and unhealthy choices in relation to food, exercise and sleep
- what can help people to make healthy choices and what might negatively influence them
- about habits and that sometimes they can be maintained, changed or stopped
- the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle
- what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally
- that regular exercise such as walking or cycling has positive benefits for their mental and physical health
- about the things that affect feelings both positively and negatively
- strategies to identify and talk about their feelings
- about some of the different ways people express feelings with words, actions, body language
- to recognise how feelings can change overtime and become more or less powerful

Key Words

- Choice
- Healthy
- Habit
- Sleep
- Diet
- Choice
- Exercise
- Mental health
- Physical health
- Positive thoughts
- Negative thoughts
- Uncomfortable emotions
- Change
- Growth mindset

Physical Health Means:

- Eating a balanced diet
- Avoiding foods or drinks that are bad for you
- Enjoying regular exercise
- Ensuring you have enough sleep
- Looking after your teeth
- Following a basic hygiene routine
- Cleaning your hands regularly

Who can help me?

A trusted adult at home or at school.

This might be a teacher or an adult you live with at home such as a parent.

Childline
www.childline.org.uk
0800 1111

Look after your Mental Health

