



Holy Family Halewood

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



Learning Objectives

- To identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep).
- To recognise what can influence people to make healthy choices including good and bad habits.
- To know the positive and negative effects of good and bad habits, such as regular exercise or too much sugar, and to know that habits can be maintained, changed or stopped.
- To identify a healthy balanced diet, its impact on health and the equal importance of exercise to complement good diet.
- To understand strategies to identify and express feelings, such as body language and facial expression, and to recognise that feelings are not permanent.

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

