

Holy Family Halewood

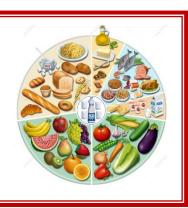
Year 3 and 4 – Personal Development Theme: Health and Wellbeing Topic: Physical and Mental Wellbeing



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 feeling are not permanent.

BE ACTIVE CONNECT GIVE TAKE NOTICE KEEP LEARNING



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