

Health and Wellbeing – It's My body.

Lessons will explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. Children will also consider 'healthy choices' and a 'balanced lifestyle'.

We will also be reminded of Growth Mindset and being resilient in our learning.

In this unit children will:

- Introduce the emotions of grief, embarrassment, pride and shame and how to manage them.
- Look at ways to reframe negative situations in a more positive way.
- Children will consider the choices they have and learn about the support available to them.
- Understand the importance of sleep on physical and mental wellbeing.
- Think about how our bodies change during puberty. Learn about body image.
- Identify ways in which certain drugs, including tobacco and alcohol, can harm their bodies.
- Identify positive aspects about themselves.
- Discuss the choices related to health that they make each day.
- Identify choices that will benefit their health and provide a 'balanced lifestyle'.

Prior Learning

Year 3 Dealing with negative emotions.

Year 4 How I am changing as I grow?

Key Vocabulary

- **Grief** – great emotional distress, caused by someone's death.
- **Pride** – feelings of satisfaction from personal achievements.
- **Shame** – feeling of distress resulting from foolish behaviour.
- **Physical** – relating to the body.
- **Mental** – relating to the mind.
- **Puberty** - time when a child develops into an adult because of physical changes in the body.
- **Body image** – subjective picture of one's own physical appearance.
- **Drug** – any substance that has a physiological effect when ingested or otherwise introduced into the body.
- **'Balanced lifestyle'** – a way of living whereby all elements of our lives are of the right amount and in proportion.

Key Knowledge

- It is fine to have negative emotions but they need to be managed appropriately.
- Making choices can be difficult but help is available.
- Getting enough sleep is vital to maintain physical and mental health.
- Some habits may need to change as we get older.
- Recognising that some images in the media are artificially enhanced.
- Understand how these images can affect our own body image.
- Our choices can be influenced by many factors.
- Recognise that choices we make about our bodies have consequences.
- Having a balanced lifestyle leads to a healthy mind and body.



Key Questions

- How much sleep is enough?
- Do you have a healthy body image?
- Is it ok to say no?
- Do you make healthy choices?

