

Year 6 - Healthy me

Over the term, we will be looking at being healthy. We will look at how to keep healthy and how our body reacts to keeping fit. We will be reminded of how important being healthy is, a balanced diet and also ways to keep fit.

In this unit children will:

- Understand the health risks of smoking and how they can affect the lungs, liver and heart.
- Understand some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.
- Know and put into practice basic emergency aid procedures (including recovery position) and to know how to get help in emergency situations.

Prior Learning

EYFS – Basic movements in PE

Year 1 – Healthy Me, circuits and exercise.

Year 2 - Healthy Me, circuits and exercise.

Year 3 - Healthy Me, circuits and exercise.

Year 4 - Healthy Me, circuits and exercise.

Cross Curricular Links

Science – The body parts.

PE – Keeping fit, basic exercise.

Key Questions

- What does being healthy mean?
- What is exercise?
- How do we achieve these?
- What is a balanced diet?
- What can we do to improve our lifestyle?
- Is it difficult to be healthy?

Key Vocabulary

Choices - an act of choosing between two or more possibilities

Healthy - in a good physical or mental condition.

Unhealthy - in an unsound, weak, or gloomy condition.

Emergency – a serious, unexpected, and often dangerous situation requiring immediate action.

Body image - a person's perception of the aesthetics or sexual attractiveness of their own body.

Self-respect - pride and confidence in oneself; a feeling that one is behaving with honour and dignity.

Pressure - continuous physical force exerted on or against an object by something in contact with it.

Key Knowledge

- Many researchers think that girls experience more **body-image pressure** than boys. In any case, more girls struggle with eating disorders.
- Skipping breakfast is in fact an **unhealthy choice!**
- The key to a **healthy** diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.
- You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs.