

RSE

Year group: 4

Term: Summer

Physical health and Mental wellbeing

Maintaining a balanced lifestyle; oral hygiene and dental care

Prior knowledge

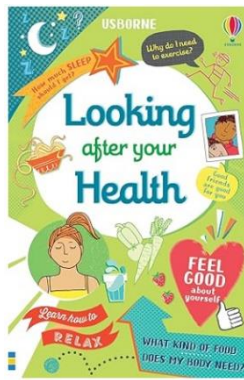
- about the choices that people make in daily life that could affect their health
- to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)
- what can help people to make healthy choices and what might negatively influence them
- about habits and that sometimes they can 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 e.g. words, actions, body language
- to recognise how feelings can change overtime and become more or less powerful

National Curriculum Objectives

By the end of primary school:

Pupils should know

- the importance of self-respect and how this links to their own happiness.



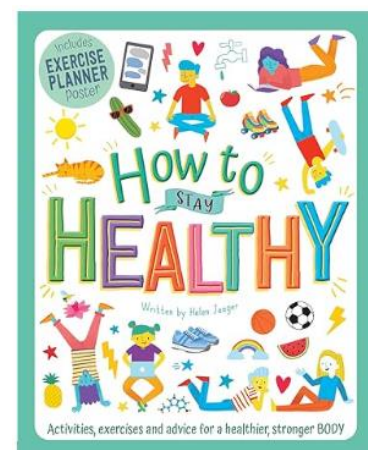
Topic overview



To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

By the end of this unit, I will be able to:

- to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally
- what good physical health means and how to recognise early signs of physical illness
- that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary
- how to maintain oral hygiene and dental health, including how to brush and floss correctly
- the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health



Key vocabulary

Balance, healthy, recognise, illness, support, care, dental health, identify, hygiene

