

<p>Lesson 2</p> <p>LO: To know why humans need exercise.</p> <p>Enquiry type: Observation over time</p>	<p>SK: We should eat a balanced diet with a range of different foods.</p> <p>Skill: asking simple questions and recognising that they can be answered in different ways</p>	<p>Children to take part in various exercises to investigate the effects of exercise on their body.</p> <p>Superhero Training School (p.25) - Pupil's aim to be as fit and healthy as they can by the end of the week. Pupils to record data.</p> <p>LA – state whether their heartbeat is slow, quick or very quick after each exercise. Group discussion on why exercise is important for humans.</p> <p>GD – clearly explain why exercise is important and the effects it has on the body.</p>
<p>Lesson 3</p> <p>LO: To know why we need a balanced diet.</p> <p>Enquiry type: Classifying, grouping and Identifying</p>	<p>SK: To stay healthy and grow into a healthy adult, you need to eat nutritious foods, exercise, brush your teeth and get enough sleep.</p> <p>A balanced diet is made up of five food groups, including: fruit and vegetables, carbohydrates, proteins, dairy and fats.</p> <p>We should eat more fruit and vegetables (5 a day)</p> <p>Skill: identifying and classifying.</p>	<p>Discuss the food groups and sort different foods into the correct groups.</p> <p>Shared activity - You are what you eat: Children mind map different foods around a healthy and an unhealthy person.</p> <p>Discuss the need for a balanced diet – it is okay to have small amounts of fat/sugar but this should not be the main source of food in anyone's diet.</p> <p>Sort foods under Eat Well plate headings (use meat/fish/eggs instead of protein and bread/pasta instead of carbohydrates).</p> <p>LA: given fewer foods to sort with some foods already placed on the EatWell plate to help them to match similar foods.</p> <p>GD: Explain why we should not have too much fat and sugar in our diets.</p>
<p>Lesson 4</p> <p>LO: To know why hygiene is important.</p> <p>Enquiry type: Research</p>	<p>SK: To stay healthy and grow into a healthy adult, you need to eat healthy foods, exercise, brush your teeth and get enough sleep.</p> <p>Good hygiene is important to prevent infections and illness.</p> <p>Skills: performing simple tests.</p>	<p>Discuss different ways of maintaining hygiene, choose different methods and write about why this is important (washing, cleaning fingernails, washing hair).</p> <p>LA - Create a poster to draw different hygiene methods.</p> <p>GD – Explain the effects of not following different hygiene routines.</p> <p>Germs: Use sanitizing gel and glitter to indicate germs on hands. The child should then touch the hands of others, and different surfaces, to show how easily germs can spread. Child to try rinsing their hands with water, and then washing properly with soap, to show how important proper handwashing is.</p> <p>Story: Whiffy Wilson, the Wolf who Wouldn't Wash by Caryl Hart</p>
<p>Lesson 5</p> <p>LO: To know why we need to look after our teeth.</p> <p>Enquiry type: Research</p>	<p>SK: To stay healthy and grow into a healthy adult, you need to eat healthy foods, exercise, brush your teeth and get enough sleep.</p> <p>Good hygiene is important to prevent infections and illness.</p> <p>Skill: asking simple questions and recognising that they can be answered in different ways</p>	<p>Discuss dental hygiene and rules for healthy teeth – brush twice a day for 2 minutes. Use toothbrush and toothpaste in circular motions. When you are older, you can use mouthwash and dental floss also. Possible visit from a dental nurse/hygienist. Use 2-minute timer to show how long children should brush teeth for. Possibly use disclosing tablets (need permission from parents).</p> <p>LA/ARE - Ordering instructions on how to brush teeth.</p> <p>GDS - Ordering instructions on how to brush teeth. Explain what could happen if teeth are not brushed correctly.</p>
<p>Lesson 6</p> <p>LO: To know why we need to stay healthy</p> <p>Enquiry type: Research</p>	<p>SK: To stay healthy and grow into a healthy adult, you need to eat healthy foods, exercise, brush your teeth and get enough sleep.</p> <p>Skill: asking simple questions and recognising that they can be answered in different ways</p>	<p>What have we learned this half term? Why is it important?</p> <p>Discuss with children what might happen if they don't brush their teeth, wash, eat healthily, exercise.</p> <p>Children to mind map what they have learned across the half term, including what might happen if they don't take care of themselves and stay healthy.</p>

Working towards	End of unit assessment Working at Age related expectations	Working at a greater depth