

Medium Term Planning Sheet:
Class: Eagles Teacher: Susan Welch



Subject: PSHE		Unit intention To understand the elements of a healthy lifestyle. To understand how to remain healthy.		Term: 1
Key Vocabulary: diet, exercise, fitness, training, planning, nutrition,		Resources Oak National Academy Lesson KS2 – PSHE Eat Well – Live Well series of lessons.		
WK	Learning Intention	Activities		
1	To know what makes a balanced lifestyle	Looking at ways to live a balanced lifestyle – including how diet, exercise and rest are important. Thinking about how a training regime can help with fitness. Making a poster to encourage others to remember the three elements of a healthy, balanced lifestyle Diet, Exercise and Rest.		
2	To understand the elements of a balanced diet To learn about the Eatwell Plate	Learning about the food groups and what effects these have on our bodies. How these should be balanced in a healthy diet. Looking at the Eatwell Plate to see this in practice. Writing a persuasive letter to someone to inform them and encourage a healthier diet.		
3	To understand the importance of exercise.	Looking at ways to measure fitness such as heart rate and how this is affected by exercise. Measuring own heart rate and seeing the effect of exercise on this. Creating an exercise timetable for use in school to ensure regular exercise.		
4	To create a personal exercise programme	Practical lesson practising exercises. Learning how to perform exercises effectively, Discuss personal hygiene around exercising and staying healthy. Creating own personal exercise programme.		
5	To think about how images in the media can affect how we feel about ourselves.	Looking at how we are shown images in the media of people who look perfect. Thinking about and seeing how these can be edited to improve them. Thinking about how the media is used to sell products. Creating a feel good postcard to send to someone to make them feel good about themselves.		
6	To understand the importance of dental hygiene.	Learning about the importance of good dental hygiene. Learning about the correct way to look after teeth. Writing a set of instructions to show how to ensure teeth are cleaned and looked after well.		

