

Scorpions Class Medium Term 1 Plan 2021-2022

Year A

Subject	Term 1 We Rock!	
PSHE	Healthy Lifestyles And Mental Health (Zones of Regulation)	<p>Wk1 – about the elements of a balanced, healthy lifestyle. about choices that support a healthy lifestyle, and recognise what might influence these.</p> <p>Wk2 – how to recognise that habits can have both positive and negative effects on a healthy lifestyle. about what good physical health means; how to recognise early signs of physical illness.</p> <p>Wk3 – about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.</p> <p>Wk4 – how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.</p> <p>Wk5 – about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn</p> <p>Wk6 – that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.</p>
<p>Prior learning: What being healthy means. Food groups. Why it's important to relax. Simple hygiene rules.</p>	<p>Future Learning: how we are all unique; that recognising and demonstrating personal strengths</p>	

	<p>build self-confidence, self-esteem and good health and wellbeing. to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment). the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health.</p>	