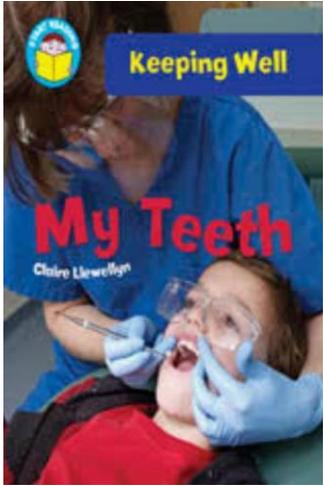
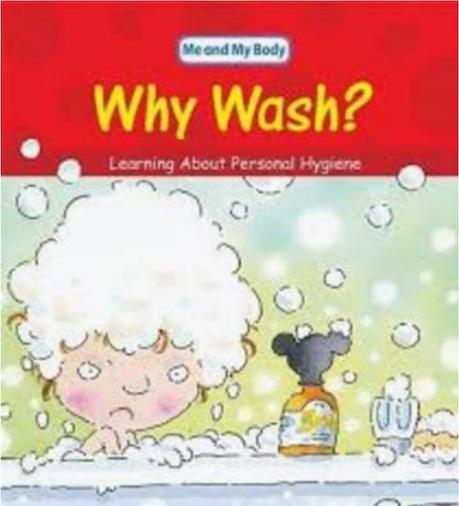
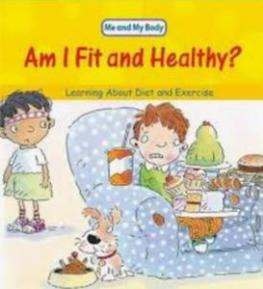


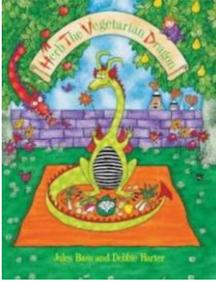
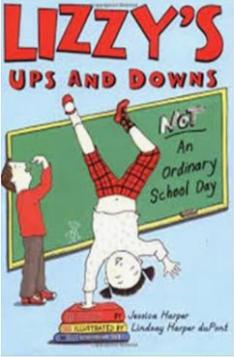
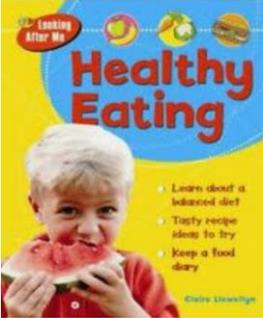
My Healthy Lifestyle - Year 1 Knowledge Mat

| Subject Specific Vocabulary | | End of Unit Knowledge Outcomes | Useful Books |
|-----------------------------|--|--|--|
| Active | Involvement in a particular activity. |  |  |
| Exercise | Physical activity that you do to make you strong and healthy. | | |
| Feelings | Emotions, especially those influenced by other people. | | |
| Germs | A germ is a tiny organism that can cause diseases. | | |
| Healthy | The state of being free from physical or mental illness or injury. | | |
| Mistakes | Getting something wrong or making the wrong choice. | | |
| Wash | To clean something using water. | | |
| | | | |
| | | <input type="checkbox"/> I clean my teeth twice a day. | |
| | | <input type="checkbox"/> I can recognise what I like and dislike, how to make real and informed choices that improve my physical and emotional health. | |
| | | <input type="checkbox"/> I can talk about my emotions and recognise them in others. | |
| | | <input type="checkbox"/> I understand what physical and mental health means and that all humans have it. I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health, sun protection and looking after my emotional wellbeing. | |
| | | <input type="checkbox"/> I understand what being resilient means to me and I have strategies I can use. | |
| | | <input type="checkbox"/> I know some of the reasons why change can feel uncomfortable and I know some of the ways of dealing with the feelings that sometimes arise from changes. | |
| | | <input type="checkbox"/> I know what makes me happy. | |
| | | |  |

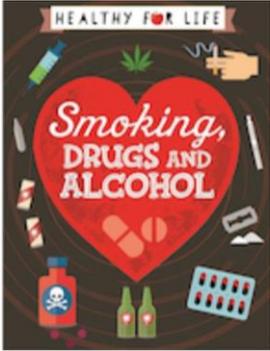
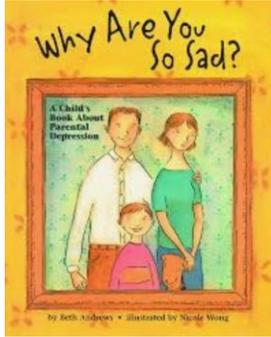
My Healthy Lifestyle - Year 2 Knowledge Mat

| Subject Specific Vocabulary | | End of Unit Knowledge Outcomes | Useful Books |
|-----------------------------|--|---|---|
| Active | Involvement in a particular activity. |  <ul style="list-style-type: none"> <input type="checkbox"/> I know that a healthy lifestyle includes being physically active, rest, healthy eating, dental health, sun protection and emotional health. <input type="checkbox"/> I can give examples of what I do on a daily basis to keep myself healthy. <input type="checkbox"/> I can make simple choices to improve my physical and emotional health. <input type="checkbox"/> I know how diseases are spread and how they can be controlled and my responsibilities for my own health and the health of others. <input type="checkbox"/> I am able to wash my hands properly. <input type="checkbox"/> I can name and recognise a range of feelings and understand that we all experience emotions in relation to different experiences and situations. <input type="checkbox"/> I understand what being resilient means to me and I have strategies that I can use. <input type="checkbox"/> I know that even changes that we want to happen can sometimes feel uncomfortable but I have identified ways to manage these feelings. |    |
| Changes | To become something different. | | |
| Dental | Relating to teeth. | | |
| Disease | An illness caused by infection. | | |
| Hygiene | Keeping yourself and your environment clean in order to maintain health and prevent disease. | | |
| Independence | Being able to do things for yourself. | | |
| Resilient | Being able to 'bounce back' when things go wrong. | | |

My Healthy Lifestyle - Year 3 and 4 Knowledge Mat

| Subject Specific Vocabulary | | End of Unit Knowledge Outcomes | Useful Books |
|-----------------------------|--|---|---|
| Anxiety/Anxious | Feeling worried or nervous. |  |  |
| Bacteria | Very small organisms that are the cause of many diseases. | | |
| Diet | What you eat and drink. | <input type="checkbox"/> I can make informed choices about healthy eating and exercising. |  |
| Good Habits | Behaviour that is beneficial to your physical and mental health. Examples of good habits are; regular exercise, balanced diet, drinking water and getting plenty of sleep. | <input type="checkbox"/> I can describe identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online and have started to develop ways of counteracting the negative factors. | |
| Relaxation | To take time out to be more calm and happy. | <input type="checkbox"/> I understand safe and unsafe exposure to the sun and how to reduce the risk of sun damage. | |
| Responsible | To be in control of yourself and your choices and to do the right thing. | <input type="checkbox"/> I understand a range of feelings and how these make me feel both emotionally and physically. |  |
| | | <input type="checkbox"/> I have a range of strategies for managing and controlling strong feelings and emotions. | |
| Virus | A tiny organism that can cause illness and disease. | <input type="checkbox"/> I can identify positive things about myself, recognise some of my mistakes and learn from these. | |
| | | <input type="checkbox"/> I can make some changes quickly and easily but also understand that some changes are hard and can take a long time. | |

My Healthy Lifestyle - Year 5 and 6 Knowledge Mat

| Subject Specific Vocabulary | | End of Unit Knowledge Outcomes | Useful Books | |
|------------------------------|---|---|--|--|
| Adolescence | The time in your life when you develop from being a child into an adult. |  <ul style="list-style-type: none"> <input type="checkbox"/> I know what makes a healthy lifestyle - the benefits of exercise and healthy eating and the factors (positive and negative) that affect mental health, including a positive self-image. <input type="checkbox"/> I understand the importance of good oral hygiene, including regular visits to the dentist. <input type="checkbox"/> I can manage my time to include regular exercise and self-care techniques to look after my mental and physical health such as relaxation. <input type="checkbox"/> I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs. <input type="checkbox"/> I can recognise opportunities to make my own choices about food, what might influence my choice and the benefits of eating a balanced diet. <input type="checkbox"/> I have an understanding mental ill health and how important it is for people to get early help to support them. <input type="checkbox"/> I can deal positively with my feelings and recognise a range of emotions in others and can explain the intensity of my feelings to others. |    | |
| Calories | The amount of energy that food provides. | | | |
| Counter Argument | An argument against another argument, idea or suggestion. | | | |
| Conflicting Emotions | Different and opposing emotions relating to a situation. | | | |
| Lifestyle | Someone's way of living, the particular things that they do. | | | |
| Puberty | The stage in your life when you develop from child into an adult because of changes to your body. | | | |
| Resolving Differences | To stop disagreeing or arguing with someone. | | | <input type="checkbox"/> I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs. |
| | | | | <input type="checkbox"/> I can recognise opportunities to make my own choices about food, what might influence my choice and the benefits of eating a balanced diet. |
| Resolve | To solve or end a problem or difficulty. | | | <input type="checkbox"/> I have an understanding mental ill health and how important it is for people to get early help to support them. |
| Support | To agree with and give encouragement to someone or something because you want them to succeed. | <input type="checkbox"/> I can deal positively with my feelings and recognise a range of emotions in others and can explain the intensity of my feelings to others. | | |