



| Topic:               | Year group | Term                       |
|----------------------|------------|----------------------------|
| Health and wellbeing | 2          | Aut 2 /Spring 1<br>(Kapow) |

### Background knowledge

Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene.

### What should I already know?

Pupils who are **secure** will be able to:

- Describe how they feel using appropriate vocabulary, recognising what different emotions might look/feel like.
- Describe situations which may provoke certain feelings.
- Describe their own qualities and strengths and recognise something they want to get better at.
- Describe their bedtime routine, explaining why sleep is important.
- Explain how rest and relaxation affects our bodies, including mental functions.
- Identify examples where they could use relaxation to help manage difficult emotions.
- Understand that germs can be spread via our hands.
- Know how to wash their hands properly.
- Know the three things they need to do when out in the sun to keep safe.
- Know people can be allergic to certain things and how to help with an allergic reaction.
- Understand that there are a range of people who help to keep us healthy.

| Statutory objectives / Key Skills                                                                                                                                                                                                                                                       | The Journey                                                                                                                                                                                                                                                                               |
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| <u>Objectives</u> <ol style="list-style-type: none"> <li>1. <u>To describe a range of feelings and develop simple strategies for managing them</u></li> <li>2. <u>To understand the benefits of physical activity</u></li> <li>3. <u>To use breathing exercises to relax</u></li> </ol> | <u>Quiz and knowledge catcher</u> <ol style="list-style-type: none"> <li>1. Experiencing different emotions</li> <li>2. Being active</li> <li>3. Relaxation: breathing exercises</li> <li>4. Steps to success</li> <li>5. Developing a growth mindset</li> <li>6. Healthy diet</li> </ol> |

4. To understand their strengths and set themselves achievable goals
5. To identify strategies to help overcome barriers or manage difficult emotions
6. To understand what it means to have a healthy diet
7. To understand ways of looking after our teeth

### Skills

- Exploring the effect that food and drink can have on my teeth.
- Exploring some of the benefits of exercise on body and mind.
- Exploring some of the benefits of a healthy, balanced diet.
- Suggesting how to improve an unbalanced meal.
- Learning breathing exercises to aid relaxation.
- Exploring strategies to manage different emotions.
- Developing empathy.
- Identifying personal goals and how to work towards them.
- Exploring the need for perseverance and developing a growth mindset.
- Developing an understanding of self-respect.

### 7. Looking after our teeth

Review and reflect on knowledge catcher.

Differentiation - see Kapow lesson plan

## Outcomes

### Secure understanding

1. Can use multiple colours to show how they can feel more than one emotion at a time. Can describe how they would feel in a particular situation and understands that not everyone feels the same.
2. Understands how physical activity affects their body and knowing it helps to keep their mind healthy too. Can describe energetic physical activities that they enjoy.
3. Can describe the positive effects of relaxation and knowing there are different ways to relax. Knows how to use breathing exercises to relax.
4. Can recognise and describe what they are good at and what skills they would like to develop. Can create a complete ladder detailing achievable steps which work towards their goal.
5. Can explain what a growth mindset is and using strategies to help stay calm during the tricky challenges.
6. Can explain that a healthy diet is when we eat a balance of the right foods and describing some of the consequences that may arise from poor diet choices. Stating what ingredients they can see on a dish and comparing them with the food pyramid.
7. Understands what helps to keep teeth healthy.

### Greater depth

1. Shows empathy by describing how someone else might be feeling based on their experience. Draws on their own experiences and makes links between what they feel and other people's emotions. Can explain why different people feel different things.
2. Can describe a range of physical activities that help keep them healthy as well as recognising when these are more/less energetic. Can describe the positive impact of exercise on mental health and positivity.
3. Understands and can describe how exercise and relaxation can affect the body and is starting to understand how different emotions can cause similar effects. They know a range of relaxation techniques, including breathing exercises, and can suggest when they might be useful.
4. Can describe what they are good at as well as providing examples of how they know this. Can identify what they would like to get better at and quickly suggesting small steps which will work towards this goal
5. Can explain what a growth mindset looks like in different contexts. Can suggest and use a variety of strategies to help keep calm during the tricky challenges. Can focus on their own improvement rather than comparing it to other peoples'.
6. Can identify and describe why a dish might not be healthy or have balance, with acknowledgement to the different food groups. Suggesting additional, alternative or the removal of ingredients to improve a dish.

7. Understands what is healthy for teeth and what is unhealthy for teeth.

### Key Vocabulary

diet  
exercise  
goal  
growth mindset  
healthy  
physical activity  
relaxation  
skill  
strengths

### Cross-curriculum links:

#### Art and design

'Pupils should be taught:

- about the work of a range of artists, craft makers and designers, describing the differences and similarities between different practices and disciplines, and making links to their own work'

#### Science

'Pupils should be taught to:

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene'

### Assessment questions / outcomes

How can our feelings affect our bodies?  
How does physical activity make us feel?  
How do we feel if we are nervous or stressed?  
How do we feel when things are not going well?  
Why is it more difficult when you compare yourself to other people?  
Why is it important to eat the right amount of each food type?  
What should I avoid to keep my teeth healthy?

British Values

