



Topic:	Year group	Term
Health and wellbeing	4	Aut 2 / Spring 1 (Kapow)

### Background knowledge

Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene

### What should I already know?

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

Create a healthy diary, where energetic activities and high-energy food are scheduled for the same day.

Work in pairs so that one person can do a stretch while the other draws a stick figure to show the pose.

Understand the different aspects of my identity.

Identify their own strengths and that they can help other people.

Describe how they would break a problem down into small, achievable goals.

Understand the benefits of healthy eating and dental health.

Statutory objectives / Key Skills	The Journey
<p><u>Objectives</u></p> <ol style="list-style-type: none"> <li>1. <u>To understand how we can look after our teeth</u></li> <li>2. <u>To understand what relaxation feels like</u></li> <li>3. <u>To develop a growth mindset and understand that mistakes are useful</u></li> <li>4. <u>To identify my own strengths and begin to see how they can affect others</u></li> <li>5. <u>To identify what's important to me and to take responsibility for my own happiness</u></li> <li>6. <u>To understand a range of emotions</u></li> </ol>	<p>Quiz and knowledge catcher.</p> <ol style="list-style-type: none"> <li>1. Looking after our teeth</li> <li>2. Relaxation: Visualisation</li> <li>3. Celebrating mistakes</li> <li>4. Meaning and purpose: my role</li> <li>5. My happiness</li> <li>6. Emotions</li> <li>7. Mental health</li> </ol> <p>Review and reflect on knowledge catcher</p>

7. To begin to understand what mental health is and who can help if I need it

Differentiation - see Kapow lesson plan.

### Skills

- Developing independence in looking after my teeth.
- Identifying what makes me feel calm and relaxed.
- Learning visualisation as a tool to aid relaxation.
- Exploring how my skills can be used to undertake certain jobs.
- Explore ways we can make ourselves feel happy or happier.
- Developing the ability to appreciate the emotions of others in different situations.
- Learning to take responsibility for my emotions by knowing that I can control some things but not others.
- Developing a growth mind-set.

### Outcomes

#### Secure understanding.

1. Can identify and share key facts about dental health.
2. Can describe a calm place that helps them to feel relaxed.
3. Can describe how they feel when they make a mistake and explaining what can be learned from making mistakes.
4. Can write or describing their strengths and how they could use these in school.
5. Can describe what things make them happy and suggesting ways they could help work towards this as a goal. Can explain that there are some things they can control and some things they cannot.
6. Understands the range of emotions we can experience.
7. Understands what mental health is and that sometimes people might need help.

#### Greater depth

1. Is able to identify and share key facts about dental health clearly and persuasively.  
Able to identify strengths in their peers work

2. Can use calming intonation and expression to describe their calm place. Can describe how it feels when they are relaxed.
3. Can articulate how different lessons can be learned from making mistakes. Celebrating mistakes by understanding how important they are. Can recognise and describing how failure feels and suggesting strategies to overcome or manage these feelings.
4. Can give plenty of examples of their strengths and how they would be relevant to a specific role in school. Can describe how doing these jobs would affect other people.
5. Can describe why all emotions are important. Understands that their actions affect their own happiness as well as the happiness of others. Can explain why it is important to focus on ways in which we can make a difference.
6. Understands the range of emotions and when these might occur.
7. Understands what mental health is and some of the feelings people with mental ill-health might experience. Can suggest ways we can help ourselves when we're experiencing negative emotions.

### Key Vocabulary

fluoride  
 healthy  
 mental health  
 negative emotions  
 positive emotions  
 relaxation

resilience  
 skill  
 visualise

### Cross-curriculum link

#### Science

- identify the different types of teeth in humans and their simple functions

#### English

- participate in discussions, presentations, performances, role play, improvisations and debates
- develop positive attitudes to reading and understanding of what they read by:
- listening to and discussing a wide range of fiction, poetry, plays, non-fiction and reference books or textbooks
- evaluate and edit by: assessing the effectiveness of their own and others' writing and suggesting improvements
- use relevant strategies to build their vocabulary

## Assessment questions

How can we keep our teeth healthy?

What places make you feel calm?

Why are mistakes useful?

What skills do you have which would make you good at certain jobs?

Why are different emotions useful?

What can we do to help if we have negative feelings?

Who can help with our mental health?

## British Values



Individual liberty.