



Topic:	Year group	Term
Health and Wellbeing.	5	Aut 2 / Spr 1 Kapow

Background knowledge

Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.

What should I already know?

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

Identify and share key facts about dental health.

Describe a calm place that helps them to feel relaxed.

Describe how they feel when they make a mistake and explain what can be learned from making mistakes.

Write or describe their strengths and how they could use these in school.

Describe what makes them happy, suggesting how they could work towards this as a goal.

Explain that there are some things they can control and others they cannot.

Understand the range of emotions we can experience.

Understand what mental health is and that sometimes people might need help.

Statutory objectives / Key Skills	The Journey
<p><u>Objectives</u></p> <ol style="list-style-type: none"> <u>To use yoga poses and breathing to relax</u> <u>To understand the benefits of sleep</u> <u>To understand the purpose of failure</u> To learn how to set short-term, medium-term and long-term goals <u>To use vocabulary to describe their feelings and take responsibility for them</u> <u>To understand and be able to plan healthy meals</u> <u>To understand risks associated with the sun and how these can be avoided</u> 	<p>Quiz and knowledge catcher</p> <ol style="list-style-type: none"> Relaxation: yoga The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety <p>Review and reflect upon knowledge catcher.</p>

Skills

- Developing independence for protecting myself in the sun.
- Understanding the relationship between stress and relaxation.
- Considering calories and food groups to plan healthy meals.
- Developing greater responsibility for ensuring good quality sleep.
- Taking responsibility for my own feelings.

Differentiation - see Kapow lesson plan

Outcomes

Secure understanding

1. Can follow the instructions from the video, performing some of the yoga poses and describing how yoga makes them feel.
2. Can describe how they can get a good night's sleep and why this is important.
3. Can describe why you should embrace failure. Can describe a strategy to help manage their feelings of failure and to help them to persevere.
4. Can set themselves goals and consider how they will achieve them.
5. Can describe a range of feelings and two possible ways of dealing with a difficult situation
6. Can demonstrate an understanding of what calories are and how to use them to help plan healthy meals. Can recognise the food groups and acknowledging that having a variety of food on their dishes is important to achieving a balanced and healthy diet.
7. Understands how to keep safe in the sun and some of the risks now and in the future if they don't.

Greater depth

1. Can follow the instructions from the video, performing a range of yoga poses, can describe when and where they could perform yoga activities and the positive effects this activity has upon us.
2. Can describe a variety of ways they can improve their quality of sleep and explaining why it is important to their mental and physical wellbeing.
3. Can describe how they can embrace failure in different areas of their life. Can describe different strategies to help manage the feelings of failure to help them to persevere.

4. Can set themselves goals that are SMART and shows resilience when working towards them
5. Can give multiple examples of how to respond to a situation and the consequences of each of these. Can relate situations to those they themselves have experienced.
6. Can describe the benefits of each of the food groups on their plate, with an understanding of how calories correlate to their category. Working out the calories of a dish independently and applying this to a daily allowance to see the remainder
7. Can recognise they have a responsibility for themselves and this will increase as they get older.

Key Vocabulary

fail
goal
protect
relaxation
responsibility
steps

Cross-curriculum links

English: Spoken language, Writing - composition

- participate in discussions, presentations, performances, role play, improvisations and debates
- plan their writing by identifying the audience for and purpose of the writing, selecting the appropriate form and using other similar writing as models for their own

Mathematics:

- solve number problems and practical problems

English: Writing - composition

- plan their writing by identifying the audience for and purpose of the writing, selecting the appropriate form and using other similar writing as models for their own
- draft and write by: in narratives, describing settings, characters and atmosphere and integrating dialogue to convey character and advance the action

Maths

- Add and subtract whole numbers with more than 4 digits, including using formal written methods (column addition and subtraction)

Science

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Assessment questions / outcomes

What relaxation techniques have we used?

How much sleep do we need?

How can we learn from failures?

How are you going to achieve this?

What choices do we have in different situations?

Why is it important to plan meals carefully?

British Values

