



Topic:	Year group	Term
Health and wellbeing	6	Aut 2 / Spr 1 (Kapow)

Background knowledge

Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.

What should I already know?

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

Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel.

Describe how they can get a good night's sleep and explain why this is important.

Describe why they should embrace failure.

Describe a strategy to help manage feelings of failure and to help them to persevere.

Set themselves goals and consider how they will achieve them.

Describe a range of feelings and suggest two ways of dealing with a difficult situation.

Demonstrate an understanding of what calories are and how to use them to help plan healthy meals.

Recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet.

Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't.

Statutory objectives / Key Skills	The Journey
<p><u>Objectives</u></p> <ol style="list-style-type: none"> To identify long term goals and how to work towards them <u>To use mindfulness to manage emotions</u> <u>To understand and plan for a healthy lifestyle</u> <u>To understand the potential impact of technology on physical and mental health</u> 	<p>Quiz and knowledge catcher</p> <ol style="list-style-type: none"> What can I be? Relaxation: Mindfulness Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Good and bad habits

5. To reflect on skills they have developed to identify and respond to difficult situations
6. To understand ways that we help prevent ourselves and others becoming ill
7. To understand how habits can be good or bad for our health
8. To understand what happens when we are ill and begin to understand when to seek support

Skills

- Considering ways to prevent illness.
- Identifying some actions to take if I am worried about my health or my friends' health.
- Identifying a range of relaxation strategies and situations in which they would be useful.
- Exploring ways to maintain good habits.
- Setting achievable goals for a healthy lifestyle.
- Exploring my personal qualities and how to build on them.
- Developing strategies for being resilient in challenging situations.

8. Physical health concerns

Review and reflect on knowledge catcher.

Differentiation - see Kapow lesson plan.

Outcomes

Secure understanding

1. Can describe qualities or values they want to have and creating achievable goals in their to do list.
2. Can describe the importance of relaxation and suggesting different strategies.
3. Can describe how they look after their physical wellbeing and suggesting what else they can do to improve how they look after themselves.
4. Understands that technology can have an impact on both physical and mental health but there are strategies we can use to overcome this.
5. Can describe what resilience is, why it's important and some useful resilience strategies.
6. Understands how vaccination works and why it is important to individuals.

7. Understands that changes in my body could mean I am unwell and what I can do if I notice them.

8. Understands that habits can be good or bad for health.

Greater depth.

1. Can describe qualities or values they want to have and outlining detailed SMART goals in their to do list.
2. Can describe when they would use different relaxation strategies, articulating why, as well as explaining the positive impact of using them
3. Can describe how they look after their physical wellbeing as well as how these can impact their mental and emotional wellbeing. They should also suggest time-specific goals to improve how they look after themselves.
4. Understands that technology is often specifically designed to keep people engaged and that it is important to recognise this type of content.
5. Can detail a range of resilience strategies as well as articulating the importance of resilience by referencing the ideas behind a growth mindset and sharing ways in which they have shown resilience.
6. Understands how vaccination works and why it is important to individuals and wider society and ability to articulately explain the advantages of vaccinations.
7. Understands that changes in my body can happen for a number of reasons and what I can do if I notice them.
8. Understands that changes in my body can happen for a number of reasons and what I can do if I notice them.

Key Vocabulary

antibodies
growth mind-set
habit
qualities
responsibility
skill
vaccination

Cross-curriculum links

Music

appreciate and understand a wide range of high-quality live and recorded music drawn from different traditions and from great composers and musicians'.

Science

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

Computing

use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.

English

participate in discussions, presentations, performances, role play, improvisations and debates

Assessment questions / outcomes

What type of person do I want to be?

How can I fit relaxation into my week?

What do our bodies need to be healthy?

What pressures can technology place on people?

What strategies can you use to overcome problems or manage difficult emotions?

What are the advantages of immunisation?

How well are we doing with being responsible for our own health?

How do we know when someone is healthy and well?

British Values



Individual liberty.