



Topic:	Year group	Term
Y6: How do my choices today shape my future health?	6	Autumn

Background knowledge

Pupils should already understand the importance of maintaining a healthy lifestyle through a balanced diet, regular exercise, good hygiene, adequate sleep and looking after their mental wellbeing. They should know that different choices can affect both physical and emotional health and that medicines can be used safely to help people stay healthy. Pupils should also be familiar with the basic functions of the body and understand that habits developed during childhood can influence health in later life.

What should I already know?

I know that eating a balanced diet, being physically active, getting enough sleep and maintaining good hygiene all help to keep me healthy. I understand that my choices can affect both my physical and mental wellbeing. I know that medicines can help people when used safely and that healthy habits developed now can have a positive impact on my future health.

Statutory objectives / Key Skills	The Journey
1. To understand how daily habits protect long-term dental health. 2. To interpret nutritional information to help make informed choices about food. 3. To describe how habits can influence long-term health. 4. To recognise and regulate strong and complex feelings. 5. To explain how our mindset can affect our personal growth. 6. To understand how my actions can impact myself and others.	1. Why do healthy teeth matter for the future? <i>(Lesson 1 allows for a visit from a health professional, such as a dentist or dental nurse to develop children's learning of dental hygiene.)</i> 2. How can I eat for a healthier future? 3. What habits might support my future health? 4. How can I recognise and regulate complex feelings? 5. How does my mindset affect my personal growth? 6. How can I support self-esteem for myself and others?

Differentiation - see Kapow lesson plan.

Outcomes

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

- Pupils who are **secure** will be able to:
- Describe how brushing, flossing and limiting sugar over time can protect teeth.
- Interpret traffic light food labels and select healthier swaps for a balanced diet
- Explain how past experiences can influence strong and complex feelings.
- Choose helpful ways to regulate strong feelings.
- Explain the difference between a growth mindset and a fixed mindset.
- Suggest positive ways to respond to challenges and setbacks.
- Explain how unkind behaviour, including bullying, can affect self-esteem and how to support others.

Key Vocabulary

- active (Y3/4)
- bullying (Y1/2)
- calories (Y5/6)
- dental hygiene (Y5/6)
- fixed mindset (Y3/4)
- flossing (Y5/6)
- growth mindset (Y3/4)
- long-term (Y5/6)
- mental health (Y5/6)
- mindset (Y3/4)
- nutrients (Y3/4)
- regulate (Y5/6)
- resilience (Y3/4)
- self-esteem (Y5/6)
- short-term (Y5/6)
- support (Y3/4)
- tooth decay (Y5/6)

Cross-curriculum links

English: Spoken language.

British values.

Question of the week:

1. Name 3 ways to look after our dental health
2. How do food labels give us different types of information?
3. How can my habits influence my long-term health?

4. Suggest 3 ways we can regulate our feelings.

5. How does our mindset affect our daily behaviour?

6. Suggest 3 ways we can positively affect other people.

British Values



Mutual respect.