

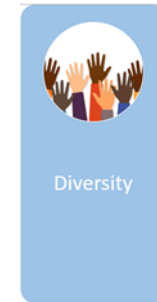
Subject: PSHE

Year group: 4

Term: Summer

Unit name: Healthy Lifestyles (maintaining a balanced lifestyle; oral hygiene and dental care)

Notes:



Main concepts:

- To identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally.
- To know what good physical health means and how to recognise early signs of physical illness.
- To know that common illnesses can be quickly and easily treated with the right care, e.g. visiting the doctor when necessary.
- To understand how to maintain oral hygiene and dental health, including how to brush and floss correctly.
- To know the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health.

Prior knowledge. Children should already...

- Know routines and habits for maintaining good physical and mental health (Y2).
- Know that choices that people make in daily life can affect their health and be able to identify these as healthy or unhealthy choices, i.e. in relation to food, exercise, sleep (Y3).
- Know what is meant by a healthy, balanced diet (Y3).
- Understand the positive benefits of regular exercise to mental and physical health (Y3).
- Know that doctors and nurses can help them to stay healthy (Y1).
- Know the importance of, and routines for, brushing teeth and visiting the dentist (Y2).
- Name food and drink that affect dental health (Y2).

How the children are to be taught this.

Relate to children's own lives and experiences. Link to Walk to School Week.

Use teacher judgment to decide whether aspects should be blocked or taught over smaller sessions, dependent upon the cohort.

At the teacher's discretion, some objectives could be taught by additional adults (dependent upon the cohort).

Key vocabulary

symptoms, Infection, contagious, germ
brush, floss, toothpaste, plaque