

Mental Wellbeing 2

Core Concepts

Mental Health and Wellbeing RP4

Key Vocabulary

Lifestyle

Physical health

Exercise

Balance

Fitness

Nutrition

Stages

Stage 1- Identify what a healthy mind looks like

Stage 2- Identify what a healthy mind and body looks like

Stage 3- Discuss how to incorporate healthy lifestyle into our lives

Stage 4- Practise self-care techniques to help with mental wellbeing for example breathing techniques

Unit Outcome

To know the benefits of physical activity on mental wellbeing.

To have an idea of simple self-care techniques to help with mental wellbeing.

Enquiry Questions

Can a person who is unfit still have a positive mind-set?

How can you make better choices for a better lifestyle?

Useful Resources

PIXL> Primary Wise> Character> Wellbeing? Year 3 and 4> Session 2 and 3 (Healthy Body Healthy Mind)

Endorphins are chemicals which we release when we exercise and make us feel good.

Pre Teach Missed Learning from Cycle A

Mental Wellbeing 2

To understand that mental wellbeing is a normal part of daily life (just as physical health).

To know that there is a range emotions people experience in different situations.

Mental Wellbeing 1

To begin to understand that mental wellbeing is a normal part of daily life (just as physical health).

Being a Responsible Citizen 2

Core Concepts

Living in the Wider World (economic wellbeing and being a responsible citizen) RP5

Key Vocabulary

Rules
Laws
Rights
Duties
Community
Environment
Enforce

Stages

Stage 1- discuss responsibilities rights and duties at school and the wider world
Stage 2- explore the British legal system
Stage 3- to discuss the need to change laws and how to change them

Unit Outcome

To know that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.

To be aware of why and how rules and laws that protect them and others are made and enforced.

To know why different rules are needed in different situations.

To understand how to take part in making and changing rules.

Enquiry Questions

Are there any rules you wish you could change?

Why should we care about our responsibilities towards the environment?

Useful Resources

Shared Area> Staff Only> Subject leader files > RSHEPSE> Useful Resources> year 3 4> Cycle B> Being a Responsible Citizen

Show the class that some people decide to make changes to the law through this site> <https://www.change.org/>

Pre Teach Missed Learning from Cycle A

Being a Responsible Citizen 1

To think about how they can contribute to the life of the classroom and school

To understand that we have rules to follow and why and that everyone has rights.

To understand that we belong to different groups and what harms and improves our environment.

Physical Health 2

Core Concepts

Health RP2

Key Vocabulary

Mental health

Physical health

Fitness

Routine

Structure

Discipline

Stages

Stage 1- Create a healthy lifestyle routine

Stage 2- Give advice in scenarios regarding physical health

Stage 3- Discuss how to balance a healthy mindset and body

Unit Outcome

To know the importance of building a routine.

To know the importance of a healthy lifestyle including being healthy, physically and mentally.

Enquiry Questions

What are the benefits to having a routine?

Which do you think is more important, being healthy physically or mentally?

Is sleep important to be healthy?

Useful Resources

PIXL> Primary Wise> Resources> Character> Wellbeing> My Health> year 3 and 4> Session 1

PIXL> Primary Wise> Resources> Character> Wellbeing> My Health> year 3 and 4> Session 2

PIXL> Primary Wise> Resources> Character> Wellbeing> My Health> year 3 and 4> Session 3

Pre Teach Missed Learning from Cycle A

Physical Health 1

To understand the importance of dental health.

To practice good personal hygiene (handwashing and spreading of germs).

To understand the important of sleep and lack of sleep.

Physical Health 2

To know how to plan and prepare a range of healthy meals.

To explain what an unhealthy diet and the impact of it.

