

Health and Wellbeing - It's My Body

PSHE and Citizenship | UKS2 | Planning Overview

About the Topic

In this unit of work, children will learn about how to take care of their bodies. This will involve learning about consent and autonomy, learning about body image and stereotypes and learning about substances which are harmful to our bodies. Children will also learn about the importance of sleep, exercise and hygiene. Lessons will explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. Throughout the unit, children will be encouraged to consider the choices they have, healthy habits that can benefit us all and how to seek support should they need to.



Home Learning

It's My Body – A Healthy Recipe: For this task, children are encouraged to research and if possible, prepare a healthy snack or a meal, commenting on why they consider their choice to be a healthy option.

It's My Body – Sleep Chart: In this activity, children will record their bedtime routine over the course of a week, reflecting on how the amount of sleep they have had affects how they feel the following day.



Wider Learning:

The class or whole school could have a 'Healthy Living Week' with focus days or sessions covering aspects of healthy lifestyles, such as different physical activities, mindfulness, positive thinking and food technology.

Assessment Statements

All children should be able to...

- understand that they can choose what happens to their own bodies;
- know where and how to get help if they are worried;
- understand the importance of sleep, exercise and healthy eating;
- identify ways in which certain drugs, including tobacco and alcohol, can harm their bodies;
- identify positive aspects about themselves;
- discuss the choices related to health that they make each day;
- identify choices that will benefit their health and provide a 'balanced lifestyle';
- identify ways to protect their bodies from ill health.

Most children will be able to...

- define consent and autonomy;
- explain the importance of vaccinations and immunisations;
- identify the implications of not getting enough sleep;
- understand why they need to change some of their habits and routines as they get older;
- identify where the pressure to try harmful substances might come from;
- understand that many images seen in the media are artificially enhanced;
- identify some factors that influence the choices they make about their bodies;
- understand that the choices they make about their bodies have consequences.

Some children will be able to...

- understand that different people have different boundaries;
- identify the best bedtime routine for themselves;
- use meditation at bedtime to aid a peaceful sleep;
- challenge stereotypical notions of 'the perfect body';
- understand the impact that the media (including social media) has on the choices they make about their bodies and about their health and wellbeing.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).