

# Health and Wellbeing - It's My Body

PSHE & Citizenship | LKS2 | Planning Overview

## About the Topic

This unit, entitled It's My Body, explores the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.



## Home Learning

**Where Does the Sneeze Go?** In this activity, children will predict and map out where they think a sneeze can travel to. Children are encouraged to share their map with other children to discuss ideas and clarify misconceptions.

**Superhero Lunch:** In this activity, children are encouraged to cut out or draw pictures of healthy foods to create a lunch fit for a superhero.



## Wider Learning:

Reinforce the lessons learnt during this unit beyond the classroom, e.g. at home, in the playground, at the park. This will ensure that the children consolidate their knowledge and ability to make safer choices.

## Assessment Statements

### All children should be able to...

- understand the importance of sleep, exercise and healthy eating.
- discuss what happens to muscles when we exercise them.
- understand they can choose what happens to their body and know when a 'secret' should be shared.
- explain that too much sugar is bad for health.
- know the difference between medicine and harmful drugs and chemicals.
- explain how germs travel and spread disease.
- identify ways to protect their bodies from ill health.

### Most children will be able to...

- list some of the effects of sleep deprivation.
- explain the effect of exercise on the heart.
- know how to get help for themselves or another in the case of serious problems.
- explain why eating a balanced diet is important.
- know how to check medicine instructions.
- know how to inhibit the spread of germs.
- explain the importance of vaccinations and immunisations.

### Some children will be able to...

- describe how a bedtime routine improves the chance of a good night's sleep.
- explain why muscles tremble when fatigued.
- know the signs of serious problems.
- explain why eating a rainbow of food increases minerals and micronutrient intake.
- explain what different hazard signs mean.
- explain the difference between bacterial and viral infections.

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