

# Being My Best

## Innovation & Change

Introducing new ways and methods to make something better or easier. To make something different.

### Prior & Future Knowledge

#### KS1:

Different ways to keep your body healthy.

How we can look after our bodies.

#### KS2:

Different ways that eating a balanced diet benefits your body.

The importance of a healthy lifestyle, mentally and physically.

The five ways to wellbeing that contribute to a healthy lifestyle



### My Component Knowledge:

Lesson 1: I can identify ways in which everyone is unique and appreciate my own uniqueness.

Lesson 2: I can give examples of choices I make for myself and choices others make for me.

Lesson 3: I understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health.

Lesson 4: I understand the ways in which I can contribute to the care of the environment.

Lesson 5: I can explain what a balanced, healthy lifestyle is.

### My Composite Knowledge:

I know that all people are unique and will have their own preferences. However, all people need the same things to keep a healthy lifestyle.

### My Powerful Knowledge:

I know that in order to have a healthy lifestyle, people to be active, connect, take notice, keep learning and to give. I understand that I can contribute to the care of the environment by considering the resources that I use and the waste that I make.

### Key Vocabulary

Tier 1: choice, decision making, environment, belonging

Tier 2: community, personality, qualities

Tier 3: efficient, dietary requirements, allergies, sustainability

Five ways to wellbeing

**Connect...**

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of those in the communities of your school and meet them by dropping them, buying them, connecting them and helping them to help you.

Five ways to wellbeing

**Be active...**

Go for a walk or run. Play outside. Cycle. Play a game. Garden. Dance. Swimming makes you feel great. Think about ways to be active in your school and in your community and share your ideas with your friends and family.

Five ways to wellbeing

**Take notice...**

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Listen to things that you are hearing. Try to notice the things that you are hearing. Be aware of the things that you are hearing. Be aware of the things that you are hearing. Be aware of the things that you are hearing.

Five ways to wellbeing

**Keep learning...**

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Be a volunteer. Learn to play an instrument or how to cook your favourite food. Get a challenge you will enjoy and learn. Learning new things will make you more confident and help you to be your best.

Five ways to wellbeing

**Give...**

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out for others in. Being yourself, and your happiness, makes the wider community can be incredibly rewarding and creates connections with the people around you.



**What does it mean to have a healthy lifestyle?**