

Being my best

Construction

Prior Knowledge

Year 3: Science—Animals including humans. Varying diets.

Key stage 1 & EYFS: During KS1 and reception, we learnt about being my best.

Year 2: Staying clean and healthy, caring for our bodies.

Year 1: Caring for ourselves when we are ill.

EYFS: Sleep, healthy eating and exercise.

Where next? Future learning

Year 4: Being my best—making choices, where does energy come from?

Year 5: Being my best—getting fit, independence and responsibility.

Year 6: Being my best—basic first aid, risks, wellbeing.



My Component Knowledge:

Lesson 1: I can explain how to look after my body.

Lesson 2: I can understand how to look after myself.

Lesson 3: I can understand the Eatwell guide.

Lesson 4: I can explain how to eat healthily.

Lesson 5: I can explain ways to stay healthy.

My Composite Knowledge:

I can understand how to eat healthily and look after my body.

My Powerful Knowledge:

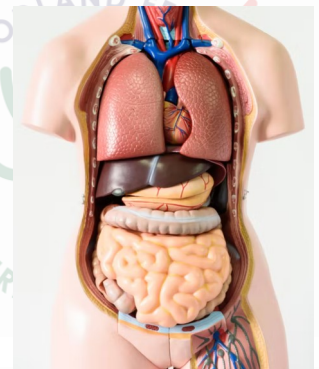
I can understand how the Eatwell guide can support me to eat healthily. I can learn how to look after myself and care for my body. I can make links to my learning about animals including humans in science.

Key Vocabulary

Tier 1: illness, fat, sugar, dairy

Tier 2: Eatwell plate, guide, balanced, varied, medical, non-medical, media, vegetables.

Tier 3: collaborate, carbohydrate, protein



How can I stay healthy?

How can I look after my body?



What is the Eatwell guide?