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| **Unit Overview** | In this unit, children explore what a healthy lifestyle is and how to keep physically and mentally healthy. They can try different foods, exercises and activities to see which they like and do not like and recognise that everyone enjoys different things. | |
| **Unit Title:** | **Substantive Knowledge** |  |
| **Key Questions:**  **How do we keep our bodies healthy?**  **What exercises do you like/ What exercises do your friends like?**  **What do you like to do for fun?!** | * To know that we can keep healthy by eating a good diet and having exercise. * Children know a healthy diet is eating lots of different foods. * Children can talk about foods that they like and dislike and why. * Children can list some exercises that are good for keeping healthy: running, hopping, dancing, football, racing etc… * To know that people have different ways of having a good time and can name some activities that they do for enjoyment. * Children know activities they like and do not like and why. * Children know how to clean their teeth and why this is important. | |
| **Vocabulary** | **Trips/ Visits/Useful Websites/ Resources** | **Key Misconceptions:** |
| **Substantive:**  **Food**  **Diet**  **Healthy**  **Fruit**  **Vegetables**  **Bread**  **Meat**  **Exercise**  **Like**  **dislike**  **Disciplinary:** | [Our Healthy Year: Reception toolkit | PHE School Zone](https://campaignresources.phe.gov.uk/schools/resources/our-healthy-year-reception-toolkit) (full kit for teaching and home activities)  Use zones to begin learning about emotions |  |