

PSHE- Being my best

Construction

Prior Knowledge

In KS1, the children learnt about different ways to keep the body healthy and how we can look after our bodies. They also learnt about ways to develop a growth mindset. In KS2, they have found out the different ways that eating a balanced diet can benefit our bodies and how to keep themselves healthy. They have also talked about celebrating and developing their skills, taking care of the environment and how having choices and making decisions about their health are important.



Key Vocabulary

Tier 1: goals, dreams health, risks, achievements, success

Tier 2: benefits, consequences, challenges, outcomes, strategies, emotional risks, scenarios

Tier 3: wellbeing, aspirations, topical issues, risk factors, continuum

My Component Knowledge:

Lesson 1: This will be your life! Five Ways to wellbeing project.

Lesson 2: Our recommendations

Lesson 3: What's the risk (1)?

Lesson 4: What's the risk (2)?

Lesson 5: Five Ways to wellbeing project.

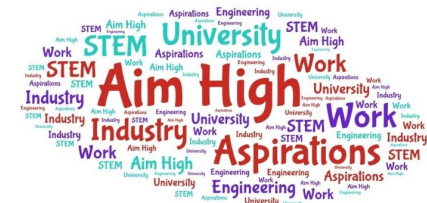
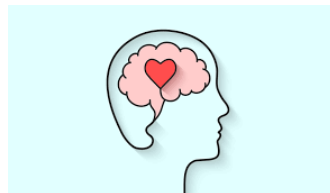
Lesson 6: What have I learned?

My Composite Knowledge:

I understand that my mental and physical health are important and need looking after. I am learning techniques to ensure this is the case.

My Powerful Knowledge:

I understand the five pathways to wellbeing and how this contributes to benefits to my mental and that of my friends. I can also weigh up the risk in different situations and explain my decision making rationale.



Why is my wellbeing so important?

How are physical activity, self-esteem and mental health connected?

How can I achieve my aspirations?