

**Component 7:** To create a fitness video explaining the needs of a healthy diet and exercise.

**What we will know after this sequence:**

- How to explain our knowledge clearly for others to understand.
- How to write a short script for a video.
- How we can influence people and share information.



**Vocabulary:**

Exercise, healthy, balanced diet, script, video, knowledge, facts, influence.

**SEN:** Vocabulary word mats, sentence stems, support with group work.

**Component 6:** What is hygiene and why is it important?

**What we will know after this sequence:**

- What hygiene is.
- How we can be hygienic and why it is important.
- That we need to wash our hands, our bodies and hair.
- That germs can make us sick.
- That it is important to consider hygiene when using the toilet.



**Vocabulary:**

Hygiene, germs, dirt, sweat, clean, wash.

**How will this feed into my next learning:**

To create a fitness video explaining the needs of a healthy diet and exercise.

**SEN:** Vocabulary word mats, sentence stems, pictures to accompany key facts

**Component 4:** Why is exercise good for us in the long term?

**What we will know after this sequence:**

- That there are many forms of exercise
- That exercise helps us to lose weight.
- That exercise can build strength
- There are positive mental benefits to exercise



**Vocabulary:**

Exercise, strength, heart rate, breathing rate, weight, mental health, sweat.

**How will this feed into my next learning:**

I will be able to explain the importance of good hygiene and how we can ensure we are hygienic.

**SEN:** Vocabulary word mats, sentence stems, pictures to accompany key facts.

**Component 5:** When we exercise, what are the changes to our body in the short term?

**What we will know after this sequence:**

- That our heart rate rises when we exercise.
- That our breathing rate rises.
- That our muscles may start to ache.
- That we become sweaty.



**Vocabulary:**

Exercise, strength, heart rate, breathing rate, weight, mental health, sweat.

**How will this feed into my next learning:**

I will understand what hygiene is and why it is important.

**SEN:** Vocabulary word mats, sentence stems, pictures to accompany key facts, support with recording, tables already made.

**Component 3:** I will design a new lunch menu based on my knowledge of food groups and balanced diets.

**What we will know after this sequence:**

- That we need to consider eating a balanced diet to remain healthy.
- To understand that foods should be eaten in the correct proportions.



**Vocabulary:**

Food group, healthy, balanced diet, carbohydrate, protein, fat, water.

**How will this feed into my next learning:**

I will explain why exercise is good for us and how it impacts our bodies in the long term.

**SEN:** Vocabulary word mats, sentence stems, pictures to accompany key facts, writing frame.

**Component 2:** What are different food groups and what are the benefits of each?

**What we will know after this sequence:**

- That we need carbohydrates, protein, fats, dairy and fruit and vegetables in our diet.
- That we should eat different food in varying quantities to stay healthy.
- Which category different foods fit in to.
- Government guidelines in relation to healthy eating.



**Vocabulary:**

Food group, healthy, balanced diet, carbohydrate, protein, fat, water

**How will this feed into my next learning:**

I will design a lunch menu based on my knowledge of food groups and healthy eating.

**SEN:** Vocabulary word mats, sentence stems, pictures to accompany key facts.

**Component 1:** What are the basic needs of humans and animals to survive?

**We should know:**

- That we need to eat and drink to stay alive.
- That animals need to eat and drink too.

**What we will know after this sequence:**

- Why food and water are essential to survive.
- What happens if we do not get enough food/water.
- That we need air to be able to breathe

**Vocabulary:**

Air, oxygen, food, water, nutrition, energy, breathe, eat, drink, survive.

**How will this feed into my next learning:**

I will understand why we should eat a balanced diet and why we need to eat different food groups.

**SEN:** Vocabulary word mats, sentence stems, pictures to accompany key facts.

