

# Learning Flow

PSHE Y1/2 - Term 5 - How can we keep ourselves healthy?

Roots Lesson What do we already know?

Topic Toolkit- Prior knowledge,  
What do we already know? W  
hat questions do we have?

Vocabulary Date 13.4.26

Why is a balanced diet important?

- How do our bodies use different foods?
- What different food groups are there? (recap from Science)

Why are sugary foods considered treat foods?

- Eating and drinking too much sugar can harm health, including dental health,

HW 1 Describe some ways to stay healthy

Date 20.4.26

Why is exercise important?

- How does exercise affect our bodies?
- What does exercise do to our heart rate?
- (PE lesson for practical)

Date 28.4.26

HW 1 Describe some ways to stay healthy

Why is rest important?

- What is the effect of Rest and sleep on our bodies
- How much sleep should we get?

HW 1 Describe some ways to stay healthy

Date 4.5.26

Why is sunshine important for our bodies?

- How sunshine helps bodies to grow.
- How to keep safe and well in the sun.

HW 1 Describe some ways to stay healthy

Date 13.5.26

ASSESSMENT

Knowledge - Socratic  
Skills -

Revisit Topic Toolkit - What do we know now?

HW 1 Describe some ways to stay healthy

Date 20.5.26