

# Year 3 and 4: Health and Wellbeing

## Subject Specific Vocabulary

<b>Physical activity</b>	Moving the body so that it uses energy.
<b>Health</b>	A state of complete physical, mental and social well-being.
<b>Wellbeing</b>	The state of being comfortable, healthy, or happy.
<b>Nutrition</b>	Giving your body the food it needs for it to grow and be healthy. Nutrition includes vitamins, protein, fats, carbohydrates and more.
<b>Benefits</b>	Something that is good or has an advantage.
<b>Balance</b>	A state in which things occur in equal or proper amounts e.g. a balance between work and play.
<b>Screen time</b>	The amount of time spent on an electronic device e.g. a tablet or TV.
<b>Influence</b>	The ability to personally affect the actions, decisions, opinions, or thinking of others.
<b>Mood</b>	a temporary state of mind or feeling

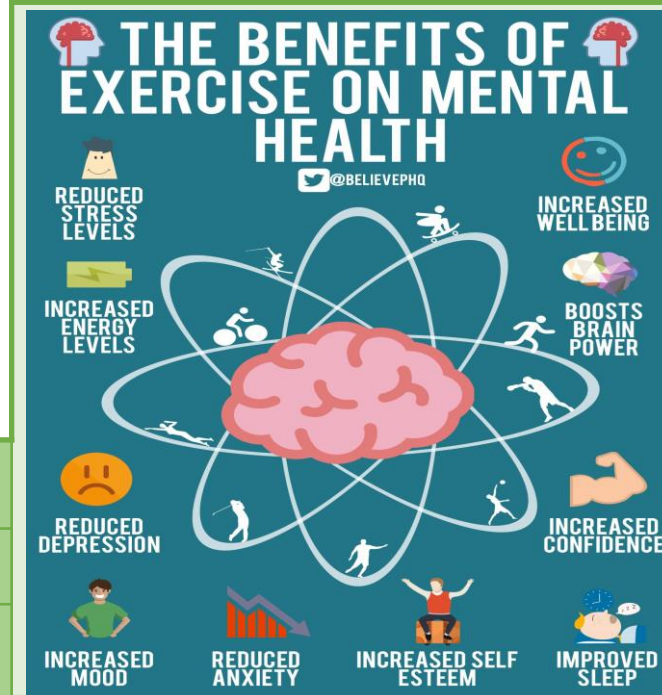
## Why should we keep active and sleep well?



### What I will learn by the end of this topic:

- How regular physical activity benefits bodies and feelings.
- How to be active on a daily and weekly basis - how to balance time online with other activities.
- How to make choices about physical activity, including what and who influences decisions.
- How the lack of physical activity can affect my health and wellbeing.
- How lack of sleep can affect my body and mood and simple routines that support good quality sleep.
- How to seek support in relation to physical activity, sleep and rest and who to talk to if I am worried.

## Why is physical activity important?



### Previous Learning

- I know different things help my body to be healthy, including food and drink, physical activity, sleep and rest.
- I understand how to be physically active and how much rest and sleep I should have everyday

