



LIVING IN THE WIDER WORLD



Spring Term 4: Being My Best

Hello and welcome to our third Life Education parent fact sheet.

Every term we will be sending out a parent fact sheet to inform you about what we are learning in Life Education within school. These fact sheets will give you an insight into what topic is being covered for the term, key questions which our children will be focusing on in their Life Education lessons and signpost some useful resources to support conversations at home.

During this Spring Term, our overarching topic for our Life Education (PSHE & RSE) curriculum is 'Living in the Wider World'. Throughout term four, children across the school will be learning how to keep healthy and develop a growth mindset, as well as learn how to set goals. These topics are built on further up the school, as well as developing an understanding of the media and its influence on our lives. Our curriculum is based around question stems to promote active discussion and to give children the opportunity to discuss concepts that are important to them in more detail. Our question stems for this unit are outlined below:

Early Years

Nursery: What do we need to give our bodies energy? How do we feel when we don't have food, exercise, or sleep? What does energy feel like? Do we feel different after exercise? What happens to our bodies when we sleep? Do we always get things the first time? What would you like to get better at? How can you get better at something? Do you like to share something when you can do it?

Reception: I have a dream of...? Have you tried to do something before and it went wrong? What could we do when something goes wrong? Why do we eat food? When do we get to choose what we eat? Why do we need to eat different kinds of foods? Which foods do we need more/less of and why? What sort of things make you feel happy? What are the different ways we can exercise? What happens to our bodies when we exercise? Why do we need a good night's sleep? Why is it important for us to wash our hands before we touch and eat our food? What are all the things we need or like to do before we go to bed and sleep? Who helps us to get ready for bed? What are we able to do for ourselves? How many times a day should we brush our teeth?

Key Stage One

Year 1: What sort of foods do you think as healthy for our body? Are there any foods we need to avoid eating lots of? How can you tell if someone is healthy? What is it so important that we wash hands? What diseases can be spread from one person to another? Can you think of diseases that cannot be spread? What can you do now that you couldn't when you were a baby? Was it easy to learn to do those things? What did you have to do in order to make it easier? How do you feel when you achieve something? Who supports and encourages children? Who in particular does this at school? How do we feel when we get support and encouragement? Who do you give support and encouragement to? How does it feel to give this as well as to get it? Does our behaviour only affect us? Who else does it affect?

Year 2: Which of the things that you can do now which you couldn't when you were younger were the hardest to learn? What can you do to help achieve the goal that you've set? When can we make our own choices? When do others choose for us? Why is this? Can you name any diseases that there are vaccinations for? What does good tooth care mean? Who is in charge of keeping our teeth healthy? Where do you think oxygen goes in the body? Where does food and water go in the body? What happens to our body when we sleep? What will happen to our heart rate when we exercise? What jobs do the ribs do? What happens inside the stomach? Where is it in your body? What does your brain do?



Key Stage Two

Year 3: What do we mean by a balanced meal? What types of foods should we eat more of? What is a medicine? When could a medicine be harmful? How can medicines help people feel better? What choices do we make about our everyday health and wellbeing? Do people always have the same opinions about what are the best choices? Do people sometimes think they are better at things than they really are? Who tells us things which might not really be true? What goals and ambitions do you have in life? What happens to your heart when you do some vigorous exercise? What important jobs do your different organs have? What do you think is the most important part of the body? What do we mean by a talent? Does everyone have the same talents?

Year 4: What qualities make others different/similar to you? How can identical twins be different? What choices do we make that can affect our health? What choices do we make which are the same/different as our friends? What choices can't even adults make? How much exercise do we need to keep our bodies healthy? What does community mean? What are the good things about being part of a community? Why is first aid important?

Year 5: What amazing facts do we know about the human body? Do we know how smoking can affect the body? Which organs are affected by alcohol? What helps us to make decisions that will help to keep us healthy? Which are the largest and smallest bones in the body? What would happen if everyone was the same? Where do our different strengths or skills come from? What communities or community groups do you belong to? Who or what makes up our school community? Is there anything you dislike about being part of the school community? What does it mean to be 'grown-up'? What things are you looking forward /not looking forward to when you grow up?

Year 6: What are the five ways to wellbeing and how do they contribute to a healthy lifestyle? What are some of the big decisions you may make in the next ten to fifteen years that will significantly affect your life? What are the realistic dreams you have for your own life and what steps might you take to move towards your goals? What things that you are you doing now , at your age, will help you take those early steps towards these goals? What topical issues are currently affecting young people's health and wellbeing? Can we always trust what we read on the internet/social media? How can we best make sure that the information we look at is accurate? Where can we find information we can trust about this topic? How do people decide whether to take a risk or not?

Resources for parents:



<https://www.mind.org.uk/>



<https://www.nhs.uk/change4life>



<https://www.colgate.com/en-gb#>

Questions your child may ask:

- Why can **** do that and I can't?
- How can I get better at *****?
- What vaccinations have I had?
- Why can't I sleep at night?
- Can we explore different food choices?

