

How to improve fitness through regular activity, whilst making informed choices about movement and diet?

Year : 5

Unit— Health & Fitness

Golden Threads: Good Health

NC—Develop an understanding of how to improve in different physical activities and sports, learning how to evaluate and recognise their own success.

Key Knowledge

- health includes both physical and mental well-being
- A balanced diet helps keep the body healthy
- Water is important for hydration and body function
- Physical activity can improve concentration and mood
- Sleep helps the body to rest and recover

Key Skills

- Identifying healthy and unhealthy habits; recognising how choices affect wellbeing
- Explaining the benefits of regular exercise; understanding the importance of being active every day
- Recognising the main food groups; planning balanced meals; understanding the importance of hydration
- Making informed choices about food, exercise, sleep and screen time.
- Measuring and interpreting heart rate before and after exercise; recognising how the body responds to activity

Key vocabulary: Healthy, nutrition, balanced diet, carbohydrates, protein, hydration, exercise, muscles, pulse, heart rate, sleep, wellbeing, stamina, energy, recovery

Learning Journey

1. What does healthy living mean?
2. Why do we need a balanced diet?
3. How does exercise affect our bodies?
4. Why are sleep and hydration important?
5. How do healthy habits work together?
6. Can I create my own healthy living lifestyle plan?