

Key Vocabulary

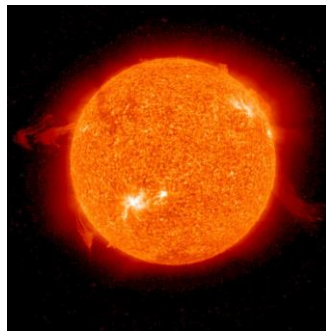
hygiene	Actions we take to keep ourselves clean and healthy.
virus	A type of infection that can make us poorly.
sedentary	Being very still and not exercising or moving.
metabolism	The chemical reactions that take place in the human body which maintains life.
melanin	A pigment that occurs in the hair, skin and iris of the eye.
post	To add something online or comment on something which has already been said.
content	The information that is helpful within a website.
cookie	Data that identifies individual users over time.

Key Facts

The surface of the sun can reach 15,000,000°C

Children should aim for 60 minutes of physical exercise per day.

It is thought that, on average, 5 - 8 year old children, spend 3 hours per day watching a screen.



The Sun



Screen Time

Key Questions

- Is the sun dangerous?
- Why do we need exercise?
- How can we manage our own time?
- Why should we limit screen time?

Cross Curricular Learning

PE - exercise and personal hygiene

ICT - online safety

Maths - time management

Learning Journey

Sun safety

To learn about staying safe in the sun.

To understand the dangers of heat stroke.

To explore the risks of over exposure to the sun.

To know how to protect your eyes in the sun.

To know how to protect the skin in the sun.

Personal Hygiene

To make the link between personal hygiene and a healthy lifestyle, including mental health.

To understand that personal hygiene requires developing good self-care.

To learn how poor hygiene could lead to the spread of bacterial and viruses.

To understand the importance of hand washing.

Exercise

To explore what exercise is and what it involves.

To understand the impact exercise has on our physical and mental health.



Year 4

Healthy eating and a balanced diet

Year 2

Cyber safety



Learning Journey

Problem solving and time management

To learn about what problem-solving means.

To investigate the meaning of time management.

To explore ways of problem solving and how to be a good problem solver.

Staying safe online (can be covered during internet safety week)

To understand why online safety is important and how we do that.

To know that information is shared online.

To investigate age restrictions on social media platforms.

Who can we trust?

To discuss our trusted adults.

To understand why trust is important.

To know how we gain the trust of others.

To appreciate the importance of being trusted.

