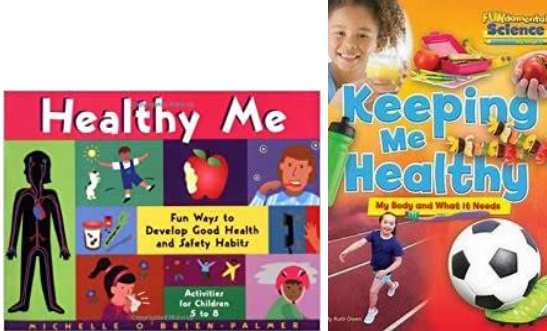




Key Facts	Social and Emotional Skills	
<ul style="list-style-type: none"> To know the importance of exercise and how it helps the body to stay healthy. To know the functions of the heart and lungs. 	<ul style="list-style-type: none"> Able to set themselves a fitness challenge Recognise what it feels like to make a healthy choice. Can express how being anxious or scared feels. Respect their own bodies and appreciate what they do. 	
Key Learning:	Prior Learning:	Books to support
<ul style="list-style-type: none"> Know how exercise that they put into their bodies will affect their health affects their bodies. Know why their hearts and lungs are such important organs Know that the amount of calories, fat and sugar; know what each of these are and how the amount they can consume can affect their health. <ul style="list-style-type: none"> Know that there are different types of drugs. Know a range of strategies to keep themselves safe. 	<ul style="list-style-type: none"> To know how exercise affects the body. To discuss what they know about drugs. 	



Subject Specific Vocabulary	
Key word	Definition
Oxygen	A colourless gas and the life-supporting component of the air.
Energy	The ability to do work
Calories	A unit of energy
heartbeat	When the heart pulses / beats once
lungs	Organs in the body that enable breathing. They take in Oxygen and produce Carbon Dioxide.
Fitness	The ability to perform daily tasks without becoming tired.
Drugs	A chemical that you take into your body, which changes the way you think and act.
Safe	Free from harm.