




<div>Physical Health</div> <div>P1</div> <div>P2</div> <div>P3</div>	<div>Year:5</div> <div>Dobcroft Values</div> <div>Together we are safe</div> <div>Together we are problem solvers</div> <div>British Values:</div> <div>Respect and Tolerance</div>	<div>Key questions:</div> <div>Is there such a thing as the perfect body?</div> <div>How can I stay fit and healthy?</div> <div>Can I avoid getting ill?</div> <div>Red Flag Moments:</div> <div>The images I see in the media make me strongly dislike my own image</div> <div>I spend most of my time thinking about my diet or exercise</div> <div>Someone else talks negatively about my body</div>																				
<div>Previous Learning</div> <div>Year 3:</div> <div>Key question:</div> <div>How do I keep healthy?</div> <div>Key vocab:</div> <div>Active, healthy, exercise, food, nutrition, sugar, diet, fat, protein, vitamins, balance</div> <div>Key question:</div> <div>How do I get a healthy diet?</div> <div>Key Vocab:</div> <div>Balance, risk, obesity, lifestyle, decay</div> <div>Key question:</div> <div>How do I stop from getting ill?</div> <div>Key Vocab:</div> <div>germs, bacteria, virus, hygiene, infection, sun</div>	<div>Diagrams</div> <div></div> <div></div> <div></div>	<div>Vocab</div> <table><tr><td>Body Image</td><td>a person's mental image of their own body</td></tr><tr><td>Self-esteem</td><td>confidence in one's own worth or abilities</td></tr><tr><td>Unrealistic</td><td>not real / possible</td></tr><tr><td>Expectations</td><td>a strong belief that something will happen</td></tr><tr><td>Insecurity</td><td>uncertainty or anxiety about oneself; lack of confidence</td></tr><tr><td>Carbohydrate</td><td>food containing a lot similar substances that can be broken down to release energy in the human body, and make up one of the main nutritional food groups.</td></tr><tr><td>Mineral</td><td>substance in foods that our bodies need to develop and function normally</td></tr><tr><td>Oral hygiene</td><td>keeping your mouth clean and disease-free</td></tr><tr><td>Sleep hygiene</td><td>habits and practices to sleep well on a regular basis</td></tr><tr><td></td><td></td></tr></table>	Body Image	a person's mental image of their own body	Self-esteem	confidence in one's own worth or abilities	Unrealistic	not real / possible	Expectations	a strong belief that something will happen	Insecurity	uncertainty or anxiety about oneself; lack of confidence	Carbohydrate	food containing a lot similar substances that can be broken down to release energy in the human body, and make up one of the main nutritional food groups.	Mineral	substance in foods that our bodies need to develop and function normally	Oral hygiene	keeping your mouth clean and disease-free	Sleep hygiene	habits and practices to sleep well on a regular basis		
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