



This PSHE unit builds on from the 'Year 4 **My Healthy Self:** How can I make healthy choices' previously studied. At the start of the term the children are learning to understanding how everyday choices can support physical and emotional wellbeing. They will explore nutrition, physical activity, and self-regulation and why these are important. Then they will learn to read food labels, identify ways to build more movement into their routines and practise strategies for managing emotions, and seeking support when needed.

Key knowledge

- Interpret traffic light food labels and use them to make healthier food choices.
- Recognise different levels of physical activity, reflect on personal activity levels and explain how exercise benefits physical and mental health.
- Identify and describe complex feelings, recognise their physical signs and choose appropriate ways to respond.
- Explain how to look after mental health, recognise when someone may need support and identify trusted adults and professionals who can help.



Star Words - Key Vocabulary

Agreement - A shared promise or plan made.

Label – Giving a clear name so you understand what is happening.

Movement – The action of moving your body, such as walking, running, dancing, stretching or even everyday activities like cleaning and carrying shopping.

Vigorous – Using a lot of energy or strength.

Overwhelmed – A feeling that too much is happening around you.

Regulate – To control or adjust something such as emotions.

Indicators – A signal or clue that helps you figure out something.

Emotions



surprise



happiness



anger



disgust



sadness



fear

Regulating your feelings

Your body sends clues when feelings grow stronger. Some ways to regulate are:

- Counting to ten.
- Box breathing.
- Stretching.
- Squeezing a squeeze ball.
- Going for a walk in nature.

Key Skills

- Make informed food choices by interpreting food labels, evaluating ingredients and understanding influences on diet.
- Explain what a healthy relationship with food involves, including balance, variety and enjoyment without guilt.
- Recognise the benefits of regular physical activity, identify different activity levels and plan ways to be more active.
- Communicate feelings clearly and reflect on whether emotional and behavioural responses are appropriate.
- Identify trusted people and services that can provide support for mental health.