Physical Wellbeing

Children will learn about the best ways to look after their bodies. This will include talking about diet, exercise, sleep and hygiene. They will have the opportunity to discuss positive changes we can make to our physical health and explore people and groups that could support them.

We will learn about:

Across the school, pupils will learn:

- About healthy diets
- The benefits of exercise
- The benefits of good sleep
- Dental health
- Sun safety
- The benefits of different medicines, including vaccinations
- How germs spread and good hygiene practices
- The risks to health of tobacco, e-cigarettes, alcohol and drug use.

At home...

Think of ways that the whole family can make some healthy swaps. It could be increasing your exercise or choosing a healthy snack. Look at the NHS Change4life website for ideas: https://www.nhs.uk/change4life

Useful Websites

https://www.nhs.uk/change4life
https://www.nhs.uk/live-well/ - for advice on diet, exercise, sleep, alcohol, smoking and mental health

Try This!.

https://www.bbc.co.uk/cbeebies/curations/cbeebies-grownups-bedtime

A good night's sleep is essential for children's physical and mental health. The BBC has some great advice on children's sleep. There are also songs, bedtime stories and calming sounds to use in your bedtime routine.