



Key Vocabulary:	
Balanced diet	A balanced diet is when you eat a variety of different foods so that your body gets all the nutrients it needs to stay healthy.
Lifestyle	A lifestyle is the way you live, including your habits, activities, and choices every day.
Physical health	Physical health means your body is working well and is free from illness or injury.
Mental health	Mental health refers to how you think, feel, and behave, and how well you cope with life's challenges.
Oral	The word 'oral' means related to the mouth, especially in speaking or eating.
Hygiene	Hygiene is the practice of keeping clean to stay healthy and prevent illness.
Medical care	Medical care is the help you get from doctors, nurses, and other health professionals to treat or prevent illness and keep you healthy.
Puberty	Puberty is the time when your body starts to grow and change as you become a teenager, getting ready for adulthood.
Vagina	The vagina is the part of a female's body that connects the outer body to the uterus.
Penis	The penis is the part of a male's body used for urination and reproduction.
Menstrual cycle	The menstrual cycle is the monthly process where the female body prepares for the possibility of pregnancy, leading to a period if no pregnancy occurs.
Emotions	Emotions are the feelings we experience

Sequence of Learning:					
Objectives (key knowledge):					
LO: To know and identify a wide range of that factors that help keep a healthy lifestyle, physically and mentally.	LO: To know how to spot the early signs of physical illness and who to speak too.	LO: To know how to maintain good oral hygiene and who to speak too if oral health declines.	LO: To know that we can make choices that effect our physical and dental health.	LO: To know how to define puberty and the physical and emotional changes that will happen during puberty.	LO: To know about the menstrual cycle and how to keep good hygiene during puberty.