St Andrew's Church of England Primary School

LKS2 Knowledge Organiser – Term 5 PSHE, RSE and Citizenship – Keeping active sleeping well.

Outcomes
H1. how to make informed decisions about health
H2. about the elements of a balanced, healthy lifestyle
H3. about choices that support a healthy lifestyle, and recognise what might influence these
H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle
H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle
H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn
H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online
H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

Keeping active



Do 5 squats



Do a push up



Lunge

Key vocabulary
aerobic exercise – exercise taken to improve the efficiency of the body's cardiovascular system.
habits – regular tendency or practice, especially one that is hard to give up.
inactive – not engaging in or involving any or much physical activity.
mental – relating to the mind.
mobility – the ability to move freely and easily.
privacy – a state in which one is not observed or disturbed by other people.
respect – admiration for someone due to their abilities, qualities, or achievements.
social media – websites and applications that enable users to create and share content or to participate in social networking.