



**What should I already know?**

What is bullying?  
 How can you keep your body safe?  
 How do your needs grow as you change and develop?  
 What does responsibility mean?

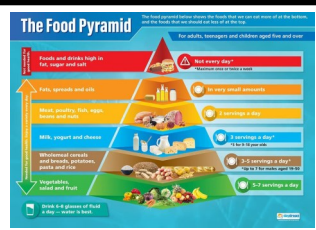
**What I will know by the end of the topic**

**What is a balanced diet?** Daily food that consists variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

**How do muscles in our body work?** A muscle is an element of our bodies which allows us to make movements with our bodies. All the muscles in the human body are made up of fleshy tissue that is attached to our skeleton. If you move your arm, you can feel the muscles moving underneath your skin

**Why is physical exercise important?** Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

**How can you keep money safe?** You can keep money safe in a variety of ways by using a piggy bank or a trusted adult. The best way is putting your money in a bank into a savings account.



**Application of Knowledge**

To understand the importance of choices and spending money wisely.  
 To understand why it is important to keep money safe.  
 To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle.  
 To understand how to live a healthy lifestyle.  
 To understand how muscles work.  
 To know the importance of planning and preparing a range of healthy meals.

### Vocabulary

<b>Need</b>	to require something because it is essential or very important rather than just desirable.
<b>Want</b>	a desire to possess or do something. It could be something you wish for.
<b>safe</b>	to protect something from harm.
<b>Physical activity</b>	all the activities, at any intensity, performed during any time of day or night.
<b>Muscle</b>	A muscle is an element of our bodies which allows us to make movements with our bodies. All the muscles in the <u>human body</u> are made up of fleshy tissue that is attached to our skeleton. If you move your arm, you can feel the muscles moving underneath your skin
<b>Balanced diet</b>	daily food that consists variety of different types of food and providing adequate amounts of the nutrients necessary for good health.