

WHO WE ARE

An inquiry into the nature of self; beliefs and values; personal, physical, mental and spiritual health; human relationships including families, friends, communities and cultures; rights and responsibilities; what it means to be human.



Central Idea

The choices people make affect their health and well-being

Lines of Inquiry

- A balanced lifestyle is dependent on making good decisions.
- Physical activity and social interactions affect our well-being
- The choices we make affect our health and our relationships

ESSENTIAL ELEMENTS OF PYP

What do we want students to know?	Knowledge	The importance of looking after their health and well-being
What do we want students to understand?	Concepts	Perspective Connection
What do we want students to be able to do?	Skills	Social Communication Research
What do we want students to feel, value and demonstrate?	Attitudes	Empathy Respect Tolerance Appreciation
How do we want students to act?	Action	Open-minded Communicator Risk Taker





Knowledge

After completing this unit you will:

- Identify the features of a balanced lifestyle
- Recognise the changes in our body after physical exercise
- Make informed choices in relation to keeping our body healthy
- Recognise the qualities and responsibilities of a good team member

Teacher Questions

How do we achieve a balanced lifestyle? What important decisions have you made in the past to balance your lifestyle?

Does your body change with physical activity?

How can the choices I make now affect my future lifestyle?

What are the qualities/responsibilities of a good team member?

How you can help at home



* Discuss the food consumed by your family each week in relation to the healthy diet recommendations

* Discuss the physical and leisure activities that your family participates in during the week - distinguish between team and individual activities

* Encourage your child to discuss the family menu and involve them in the weekly shopping