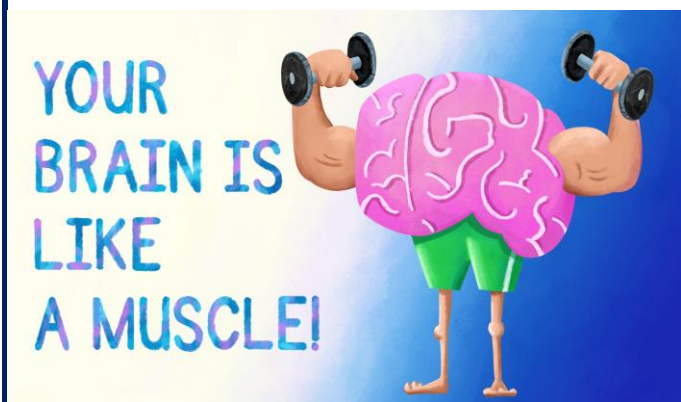


# Gunthorpe Primary School – Knowledge Organiser

<b>PE</b>	<b>Healthy Lifestyles</b>	<b>KS1 &amp; KS2</b>	<b>2020 – 2021</b>
-----------	---------------------------	----------------------	--------------------

Key Knowledge		Key Vocabulary	
<b>Healthy eating</b>	<ul style="list-style-type: none"> <li>Fruits</li> <li>Vegetables</li> <li>Healthy snacks</li> <li>Balanced diet</li> </ul>	<b>Spelling</b>	<b>Definition</b>
<b>Mental wellbeing and exercise</b>	<ul style="list-style-type: none"> <li>Daily exercise</li> <li>Staying active</li> <li>Screen time</li> <li>Sleep</li> <li>Positive and growth mindset</li> </ul>	Healthy	To be in a good physical or mental condition and to be in good health.
<b>Mental wellbeing</b>		Exercise	An activity that requires physical effort and improves health and fitness.
<b>YOUR BRAIN IS LIKE A MUSCLE!</b>		Positivity	To be positive or optimistic in your attitude.
		Fitness	To be physically fit and healthy.
		Balanced diet	A diet that includes a variety of different types of food.
		Growth mindset	Developing your basic abilities through dedication and hard work.



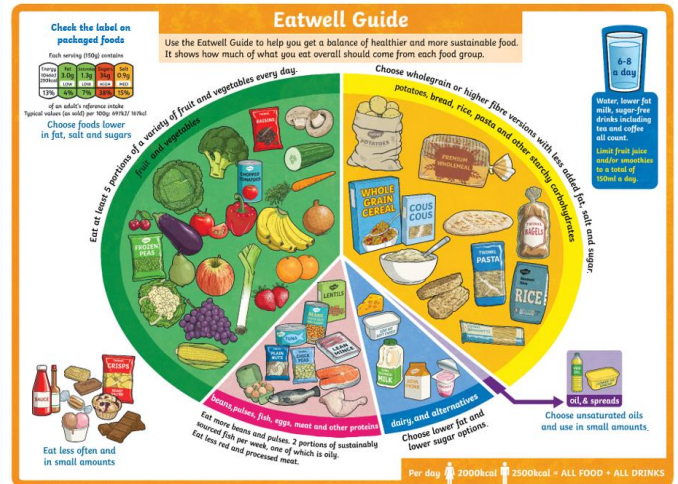
Your brain is like a muscle – If you use your brain more then it is going to become much stronger to help you become smarter. The magic of mistakes – Making mistakes helps us to learn from them and they make us smarter. The power of yet – If you don't get something on the first try then you can ask someone for help so that you can do it the next time you try.

## Exercise



We exercise to help improve our health and fitness. Exercise links to our wellbeing as when we do it our whole overall mood improves which makes us much happier throughout the day. Doing regular exercise helps us to achieve a better sleep at night time.

## Healthy eating



A balanced diet is a diet that contains different kinds of food in certain quantities and proportions. Your body is given the nutrients it needs to function correctly. It is made up of fruits, vegetables, carbohydrates, dairy, meats and proteins.