

Year 1 - Healthy Me!

Spring 2

Key vocabulary

Healthy	Unhealthy
Balanced	Exercise
Sleep	Choices
Healthy	Clean
Body parts	Toiletry items
Hygienic	Safe
Medicines	Trust
Safety	Green cross code
Eyes	Ears
Look	Listen
Wait	Keeping clean

Sequence of learning:

Understanding the difference between being healthy and unhealthy, and know some ways to healthy

Know how to make healthy lifestyle choices

Know how to keep clean and healthy, and understand how germs cause disease/illness

Know that all household products including medicines can be harmful if not used properly

Understanding that medicines can help if people are feeling poorly and knowing how to use them safely

Know how to keep safe when crossing the road

I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy



Key Skills of Knowledge and Understanding

I can tell you why I think my body is amazing and can identify some ways to keep it healthy and safe.

I can recognise how being healthy helps me to feel happy

Final outcome:

Keeping clean and healthy

Children will come together and celebrate why their body is amazing.

They will use their learning they have completed so far and think of ways that they can stay safe and healthy in the morning, at school and at bedtime and also begin to explain how this makes them feel.

